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ANN ARBOR'S HOLISTIC MAGAZINE

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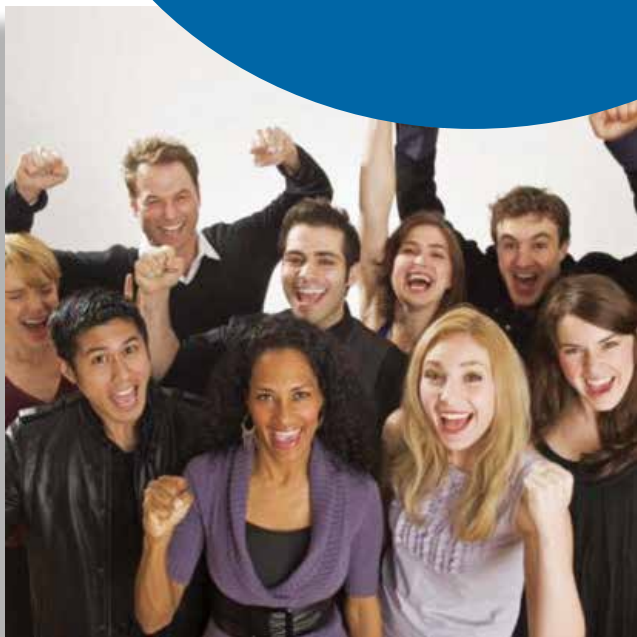


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THE CRAZY WISDOM COMMUNITY JOURNAL

ANN ARBOR'S HOLISTIC MAGAZINE

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The deadline for free calendar submissions for the January thru April 2015 issue is **Monday, November 17**, and the deadline for paid advertising is **Monday, December 1**.

This issue will be distributed starting in the last week of August. 10,500 copies of The Crazy Wisdom Community Journal are printed, and they are available at our bookstore as well as at more than 225 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: www.crazywisdomjournal.com. Crazy Wisdom Bookstore's web address is: www.crazywisdom.net.



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WITH JIM ROBERT
OF PIONEER HIGH
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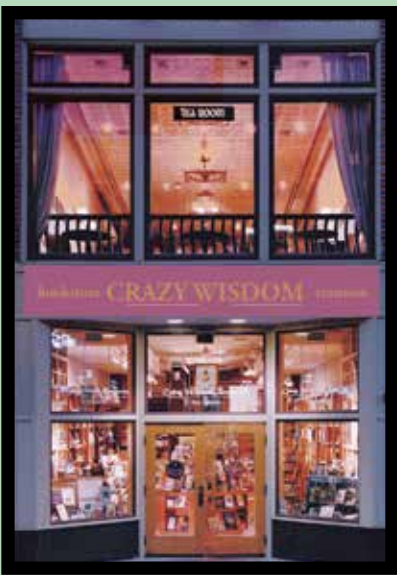
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Cover Photo by Edda Pacifico



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— This issue will be posted on our website
as of September 1, 2014 —



The Crazy Wisdom Community Journal
has been published three times a
year since 1995 by Crazy Wisdom, Inc.
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August 2014.

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of Bill Zirinsky and Ruth Schekter,
husband-and-wife.

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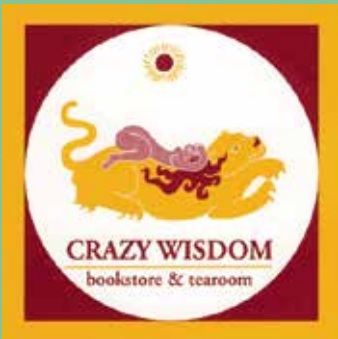
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Golubki, Golubchik

On cabbage rolls, Jewish melancholy, and becoming my mother.



By Gala Mukomolova



Either the rolls I am preparing are from a town called Golubki in Poland, or they are suggestions of doves, which is to say: hopeful (in the midst of starvation), dear (as a child who is loved, fed).

Do you know what golubki are? They're rolls of (primarily) meat wrapped in cabbage, highly common in Russia and the countries that border it. I was born in Moscow, Russia, but my mother was born in Odessa, Ukraine. According to her, we are neither Ukrainian nor Russian but Jewish. Jewish or not, golubki are common to both countries, and my mother prepared them all through my childhood. Even now she makes them — vegetarian — for me. My mother used to call me her *Golubchik*, but she didn't mean sweet little cabbage roll (which is what a soft ending like *chik* can do to a noun). She meant dear, little darling, dove.

Either the rolls I am preparing are from a town called Golubki in Poland, or they are suggestions of doves, which is to say: hopeful (in the midst of starvation), dear (as a child who is loved, fed).

Let me tell you what these doves are made of, how. You start with the head of cabbage, green. Core the stem, or try to. I haven't perfected coring, so I try my best by slicing the stump off and knifing around it. I choose to believe that the deep cuts I make will be enough; I practice trust. Bringing a large pot of water to rolling boil, I lower in the cabbage head carefully. I know about fate, or fate knows me. Ann Arbor, despondent with jobless-ness, I walked into my neighborhood deli to buy rye bread. Standing in line, I heard the proprietress sigh heavily: *everything is a mess — I can't seem to find any help*. Who am I, hungry, to question what the world sets before me like a meal? The next morning I found myself pinching pierogi beside her. And, after two days, she was on her way to Poland, leaving me in charge of a deli named after an astronomer who aimed to prove that Earth circles the Sun.

How could it be otherwise? In the back kitchen of Copernicus, I am pulling blanched cabbage leaves from their large green globes. When a leaf is tender, one pair of tongs is enough to pull it free. When my mother's arthritis acts up or her back pinches, she places the tendered cabbage leaf where the pain pulses, and wraps the whole area in cellophane, then in wool. As heat generates between the layers, the green leaf absorbs the pain and grows thick with it. My mother learned this spell from her mother, a woman who could pull mercury from a thermometer and burn the fungus off a man but could not read or write. I was raised to believe that the women in my family were alchemists; that cabbage leaves were nothing short of magic.

My mother learned this spell from her mother, a woman who could pull mercury from a thermometer and burn the fungus off a man but could not read or write. I was raised to believe that the women in my family were alchemists; that cabbage leaves were nothing short of magic.

Yesterday I prepared jasmine rice, today I chop an onion into fine bits and cry from it until I can't see to the chopping. No onion trick has ever worked for me, and for this reason I am swayed to believe that my tears are something of a necessity. I take breaks to rest my eyes before returning. The meat, rice, and onion must be mixed by hand, which I do dutifully, salting and peppering, although I don't eat meat. My purpose is an even-handed tenderness, a thorough turning over. When we left Russia, it was 1993 and the riots were just beginning. My brother kept coming home

from the black market beaten bloody over selling VHS tapes or cassettes or something else petty on some other kid's turf. My father was a disabled man with a heart condition, and his doctors all prescribed America — because they were fleeing there. As Jews, we had nothing to lose by leaving a country that hated us.

When we arrived in Brooklyn, I was five. I wore a blue dress my mother had converted into a snowflake costume for a children's pageant in Moscow. So, when I arrived in Brooklyn, in August, I was a small blue snowflake.

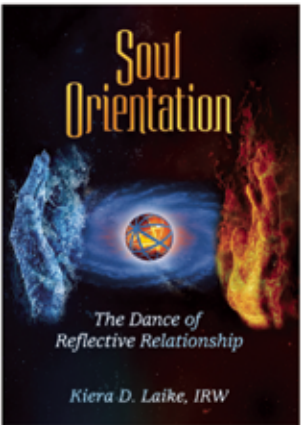
When we arrived in Brooklyn, I was five. I wore a blue dress my mother had converted into a snowflake costume for a children's pageant in Moscow. So, when I arrived in Brooklyn, in August, I was a small blue snowflake. I brought no toys with me, no books, no pet, and for a month we all slept on my aunt Ester's floor with roaches roaming over us. Throughout the night the Q train shook the tracks over Brighton Beach, but the streets were filled with old women who had my name, and every so often I'd see a girl with a braid woven long and tight like mine.



In a saucepan, I pour a little oil, crush a good amount of garlic and add chopped onions. You might wonder if this recipe is too heavy with onions, but I will tell you that onions must be heavy here because they are bitter when raw and sweet when tended to. A recipe for doves must require an immeasurable amount of tears — if they are to be delicate — and yet strong enough to sustain. I let the onions brown before pouring in a 28-ounce can of diced tomatoes, a few cups of water or bouillon, and setting it all to boil. Boil then simmer before adding dashes of marjoram, dill, oregano, thyme, and three bay leaves. Each time, the spices are different, only the bay leaves remain consistent.

My mother opened up a deli. It was in deep Bensonhurst, far from Brighton Beach and its familiar clientele, far from any clientele really. My mother wasn't and never

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has been a businesswoman. Her eldest sister Ester had a son named Michael who was the same age as my mother. It was he who sold her on the idea. He wanted a partnership. What he must have recognized in her: an unshakeable work ethic. Each morning she left early to open the shop, unlocked the door scraped clean of rust and grime, crossed the floor she'd scoured of mouse droppings and whole herds of roaches — tiled and waxed to shine —and began the daily task of refreshing each deli case: house-made cakes, blintzes, Russian salads, pickled tomatoes soaked in honey, and — what else — cabbage rolls.



When I return to the cabbage leaves, they are cool and limp, ready. I palm the meat mixture and cradle it where the cabbage is thickest, where it once clung to a root. Pulling the sides up and over, I tuck the meat in; I swaddle it. Using raw cabbage leaves, I line a Dutch oven and row by row the golubki fill it up. They are potent and tender. Something about their thin skin evokes the word gentle even as I layer each roll firmly into place. Gentle the way a bird might be or my mother might have been but wasn't.

weep. Or, perhaps it is the task of a mother to teach you in what ways you are weak. Here is the meat of it, the tender part: the years of my childhood when my mother owned a deli were years I did not know her. My father (who could not work) tended me and tucked me into public school.

Between worlds, I had too much language and not enough, and because of this I was a child who rarely spoke from a place of want. To express want was a sign of weakness, and I trained myself around it. When my brother gave me a piggy bank for my birthday, I filled it ritually with quarters. When I found the bank empty and the family laundry done, I crawled into a closet, cried, and began the task of filling it again. When my mother found out she had cancer, I became her champion and her translator. It was my mission to explain the benefits of nipple reconstruction, the difference between benign and malignant, silicone and saline. It would be simple enough now to tell you I was terrified. I was a child. I didn't want to be anyone's champion and perhaps that is why I failed her, why the implant never took, and the right side of her chest is a site of trauma — shame.

Perhaps she called me *Golubchik* because I have always had thin skin, quick to wound or

Between worlds, I had too much language and not enough, and because of this I was a child who rarely spoke from a place of want.

Because of the chemo, because business was never good, and because her nephew was less of a business partner and more of a financial vampire, my mother shut her deli down. To do so meant to lose tens of thousands of dollars we never had to lose. To make ends meet she began to make food for local restaurants. What I mean is: she sat in a kitchen chair, drenched with sweat from oven heat and chemo chemicals, directing me through each recipe. After school and on weekends, under the glaring red eye of her surgical scar, I rolled out dough after dough into long thin sheets for cake layers, pierogi and varenyky. I did this methodically, often to the sound of her crying.

Finally, I pour the red sauce over the golubki, making sure that it covers the top-most layer. I add water if I need to. On a stove top, I set the whole Dutch oven to boil. After boiling, the golubki must sit for three hours and simmer. Simmer as in think too much, I joke too myself, and it's the joking that keeps me company. Fate might have brought me to this deli, but for hours it has not brought any customers. Copernicus, heliocentric: the Earth circles the Sun. How could it be otherwise? *Golubchik*, I have flown back around, I circle my mother. It's been five days (at least) since I've called her because we fought about how I don't call her. I should do it now — I tell myself the way all Jewish daughters tell themselves — but I won't. The onions have given me my fill of crying. Besides, I know she can feel me, even all the way on the east coast. Today I am a small planet in her orbit. I am summoning her in this empty deli, repeating her name with so many doves in my hands.



Copernicus, heliocentric: the Earth circles the Sun. How could it be otherwise? *Golubchik*, I have flown back around, I circle my mother.

Gala Mukomolova received her MFA from the Helen Zell Writers' Program. She is a poetry editor for Muzzle Magazine. Her work has been published or is forthcoming in a variety of places including Indiana Review, Drunken Boat, and PANK. She has resided at the Vermont Studio Center, the Pink Door Retreat, and Six Points Fellowship: ASYLUM International Jewish Artist Retreat. Monthly, she impersonates an astrologer for TheHairpin.com under the moniker Galactic Rabbit. She can be contacted at gala.mukomolov@gmail.com.



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Step into Who You Really Are



Sit. Stay. Go Home.

By Ali Shapiro

Having experienced a nomadic early adulthood, living in different states, on couches, an organic farm, and even a boat for some time, writer Ali Shapiro has now “settled” in Michigan and gotten a dog named Winnie. In this essay, she explores notions of home and reflects on life “before and after dog.”



I. DURATION

In puppy kindergarten class we are working on *stay*. Like most of the important commands, *stay* is taught in stages. Stage 1 is Duration. At first, the dogs only have to stay for a second or two before we release them and reward them with treats. Then, gradually, we up the ante. The dogs have to stay for ten seconds, then thirty, then a minute before the release.

The next stage — they all start with D — is Distraction. We tell our dogs to stay, then start jiggling our car keys, jumping up and down, bouncing tennis balls, tempting them to disobey. They watch us, heads cocked, quizzical.

The final stage is Distance. “Stay,” we say, and then we start leaving. First we take only a step or two away from our dogs before returning to release and reward them, but soon we’re taking four, five steps, then six, seven, ten, and eventually we’re out of sight, in the next room, our dogs still where we left them, still as statues, patient shadows unstitched from our heels.

///

My adult life breaks down into two distinct phases: Before and After Dog. I moved around a lot in the years B.D., couch surfing, house sitting, subletting, and periodically driving trunkfuls of laundry back to my parents’ apartment in New York City. For a while I lived on a 28-foot boat in Seattle, for a while on an organic farm near Cape Disappointment, the southwesternmost tip of Washington State. *Cape Disappointment*. At 28, I was equipped with an ancient Volvo wagon and not a single piece of furniture.

So of course I applied to graduate school. I wanted a reason to go somewhere and stay there for more than a year. I was awarded full funding to study poetry in the MFA program at the University of Michigan, but instead I went rogue, hurtling through my classes and drinking like I hadn’t since college, which is to say frequently and messily. I accumulated two lovers and ricocheted between them until all three of us were heartbroken. By then it had started to snow, and I had started to notice a pattern in my behavior, a trend of reckless and perpetual departure in the guise of purposeful exploration. In my heart there was a heavy, homesick feeling, but my head was restless; I couldn’t stop — the way, in cartoons, the character runs off the edge of a cliff and his legs keep on going, even though the ground is long gone.

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In 1518, Hernán Cortés was commissioned to initiate trade with the indigenous tribes along the Mexican coast. Instead he went rogue and pursued other, less honorable goals, such as brutally conquering the Aztec empire. By the time Cortés landed his fleet on the coast of what is now Veracruz, his men were understandably suspicious of their leader.

So Cortés, fearing a mutiny, proceeded to scuttle—or, in landlubber terms, deliberately sink—his own ships.

Cortés’ bold move is perhaps the best-known example of what various theorists call

The dog was my precommitment strategy, implemented suddenly and all at once, a sneak attack I launched against myself.

“precommitment strategy.” In battle, precommitment entails one side cutting off its own options to make its threats more credible — sinking its own ships, for example, or burning the bridge over which its troops might retreat. Precommitment strategies are also used to help people stop gambling, or lose weight, or achieve other goals that are typically derailed by our susceptibility to the allure of bad choices.

The dog was my precommitment strategy, implemented suddenly and all at once, a sneak attack I launched against myself. In the course of two days I signed a new lease with a dog-friendly landlord and brought home a 12-week old puppy. I knew nothing about dogs. I hadn’t even unpacked. On my last dog-free night I got drunk and went dancing until four in the morning, the whole time thinking about the dog, about how I’d have to start going home sober and alone and at reasonable hours, because I’d have no choice, because there’d be a dog—because like Cortés I was sinking my ships, only the mutiny I was preventing was my own.

II. DISTRACTION

The other humans in puppy kindergarten are all equipped with husbands or wives or children, Midwestern-friendly and blonde as their Golden Retrievers. My dog, Winnie, is a dark, brindled mutt, somewhere between a pitbull and a hyena.

By then it had started to snow, and I had started to notice a pattern in my behavior, a trend of reckless and perpetual departure in the guise of purposeful exploration. In my heart there was a heavy, homesick feeling, but my head was restless . . .

“Or maybe an African Wild Dog,” suggests one of the husbands. He’s a big, clean-cut guy with a slouchy beer gut and a blank-eyed smile.

“Yeah, or a Dingo,” his wife adds helpfully.

She reaches out to pat Winnie on the head, but the dog shrinks away from the outstretched hand. I shrug, awkward-apologetic. Like me, Winnie is nervous around strangers; like me, she is generally uncomfortable being the center of human attention. We crave petting but we’re skeptical of closeness, protective of our personal space.

And yet, neither of us likes being alone. When I leave her at home, Winnie barks, whines, howls, paces, and pees all over her crate. When I try leaving her *not* in the crate, she pees on the rug, claws at the door, and tears at the blinds in my living room. In puppy kindergarten class we learn the name for these symptoms: separation anxiety. One of the Golden Retrievers has it, too, and his owner and I try to commiserate, but it’s clear that the misery is mostly mine: “Yeah, we wash a lot of towels,” says the owner with an ‘oh well, that’s life’ eye roll. “But he’s a pretty good boy, other than the mess in the crate.”

My own anxiety is through the roof, inversely proportionate to my dwindling security deposit. I had imagined that having a dog would make me feel calm, grown up, settled. Instead, I dread coming home to the stress and the mess, so much so that I almost entirely stop leaving. It’s not hard, exactly; as a fully-funded grad student, my obligations are limited to a once-a-week seminar on the history of the sonnet. So I pretty much plan my life around the dog.

It’s not hard, but it’s lonely.

But then again, isn’t it just what I’d wanted? A forced hand, all the choices made for me, a domesticated antidote to my own wildness? A reason to just sit, and just stay?

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Two dogs were executed during the Salem Witch Trials. The first, accused of giving a village girl the “evil eye,” was later exonerated by then-minister Cotton Mather, but only after villagers had already shot it. The second dog was guilty of “acting strange,” supposedly because a human evildoer was tormenting its spirit. Though the villagers in this case agreed that the dog was the victim, they decided to shoot it anyway. General panic had appropriated the concept of the “animal familiar,” a corrupt little spirit that acted as an extension of the witch’s self and could be sent to do her bidding.

And it’s true that Winnie seems to prefer a more separate togetherness; if she’s sleeping on the living room rug and I sit down on the sofa, she moves into the kitchen and then pokes her head back in occasionally, like I’m the puppy she isn’t sure is completely housebroken.

It’s not lost on me that I’m describing the same symptoms to my veterinarian and my shrink. That while the latter is indulgent, the former is skeptical. He tells me, “Separation anxiety is really most common in Velcro dogs” — those epitomes of doggish devotion who can’t bear being separated from their humans by more than a few inches or moments at a time — “And, well…” We both look at Winnie, who is curled in one corner of the vet’s office, her back to us both, her nose to the wall.

And it’s true that Winnie seems to prefer a more separate togetherness; if she’s sleeping on the living room rug and I sit down on the sofa, she moves into the kitchen and then pokes her head back in occasionally, like I’m the puppy she isn’t sure is completely housebroken. Because she is actually the puppy and I’m actually not sure, I check on her occasionally, too, and so that’s what our time at home is like: each of us in our own room, every so often peeking in to see what the other is doing.

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But there’s still the fact of the barking and peeing, so Winnie and I graduate from puppy kindergarten to the expertise of Dr. Camille Ward, a Certified Applied Animal Behaviorist. Camille listens as I describe the problem, which isn’t really a problem anymore, since I’ve virtually stopped leaving Winnie alone. “Are you sure it was separation anxiety?” Camille asks. “Are you sure she wasn’t just…a new puppy?”

By now it’s summer, and Winnie lies pancaked on the floor of my living room, the very picture of canine calm. But I cling to my evidence: the scratches in the door, the wrecked blinds, the basic assumption of my sanity, which would seem to preclude my invention of such an inconvenient and stressful situation.

Camille instructs me to follow a “desensitization and counterconditioning protocol,” the first step of which is to desensitize Winnie to the common “triggers” that predict our separation. “So for example,” Camille explains, “Let’s say you get up every morning, shower, dress in your work clothes, pick up your car keys, and leave the house. Go through that routine enough times, and the dog starts to get *sensitized* to the triggers. The smell of your work shoes? You must be leaving. The sound of the shower? Uh oh.”

Winnie rolls over onto her stomach, rests her head on her paws. She looks up at me, liquid-eyed and inscrutable.

“So to *desensitize* her,” Camille continues, “You need to separate triggers and events. You pick up your keys, you go read a book on the couch. You get out of the shower, then take Winnie out for a walk. You put on your work shoes, you start cooking dinner. You’re showing her that those triggers don’t really mean anything anymore.”

I look at Winnie. She looks at me. I ask Camille, “But what if I don’t *really have* work shoes?”

Now Camille’s head is cocked, quizzical. “Well, this is just an example,” she says. “Your triggers will vary according to your daily routine.”

I say, “But what if I don’t *really have* a daily routine?”

III. DISTANCE

The answer is: make one up. So I invent my routine backwards, starting with its disjointed parts. For a few days I put on my shoes, then take them off again. For a few days I put them on and get into bed, or into the shower with the water off, or just sit back down on the couch. The next week I add keys: I pick them up, put them down, carry them around. *These are my keys*, I find myself thinking. *These are the keys to my house*.

One day for no reason the mailman shows me pictures from his recent trip to China. I smile and nod and exclaim, the whole time thinking, My mailman. I have a mailman.

Soon enough I start putting the parts in order: *shower, get dressed, put on shoes, pick up keys, open front door*. Winnie barely blinks. “So that means you’re ready for the next step,” Camille says, which is counterconditioning, which means getting Winnie to associate the triggers with a good thing instead of a bad one. The good thing is a Kong full of dog food, and it’s supposed to appear just as I’m about to leave, then disappear upon my return.

At first I’m only opening and closing the front door before coming back to take away the Kong. For ten minutes twice a day I open and close, open and close, never even stepping outside. Winnie doesn’t seem to notice my movement. She stays right where I left her, fully absorbed with her delicious task. “It’s time to start leaving,” Camille tells me, but I linger at the threshold another week or so before finally crossing it. Then I’m gone, then I’m back, then I’m gone for thirty seconds, a minute, five, and every time I return I find Winnie where I left her, licking the Kong on the living room rug, everything normal save for the faint odor of meat.

Standing around in your front yard doing nothing for 10-plus minutes at a time is a great way to get to know your neighbors, and soon enough I get to know mine. They invite me to block parties. I babysit their kids. One day for no reason the mailman shows me pictures from his recent trip to China. I smile and nod and exclaim, the whole time thinking, *My mailman. I have a mailman*.

Camille says I’m supposed to keep adding time gradually, that I shouldn’t push Winnie out of her comfort zone too fast. But one day I leave to go stand in my yard for 10 minutes and instead I keep walking. I’ll just circle the block, I tell myself, but instead I walk all the way downtown. I buy a sandwich. I eat it on a park bench. I don’t get back home until almost two hours later. I approach my house on stealthy tiptoe and peek in the window: and there’s Winnie, asleep on the couch.

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When I was a kid, my dad would leave me a few times a week at Jodi’s Gym, with big-haired Jodi in her neon leotard and the rest of the Tumbling Tots. As specified in the class description we were ages 3 & up and so mostly the point was just not to get injured. The floor and all four walls were padded with colorful mats. Jodi would bounce around from tot to tot, saying in her buoyant voice “You did it!” as she lifted our little bodies and twirled us into weightless cartwheels. All around her the other tots giggled or jumped or ran in circles or cried or obediently stretched.

Later I learn from Camille that there’s another way to teach stay: feed a steady stream of treats while the dog is actually in the process of staying, instead of rewarding her after she’s already stayed. This way, Camille says, the dog wants to stay for as long as possible. The old way, she can’t wait to be released.

“You were one of the criers,” my dad tells me — a large rectangular mirror lodged in one wall of the gym was made of one-way glass to facilitate parental spying — “You *always* cried when I left.” He’s telling me this story because I’ve been complaining about Winnie. He calls her his granddog.

“So one day,” my dad continues, “I finally just asked you — I mean, I felt a little silly asking my four year-old for parenting advice, but I didn’t know what else to do — I said, *Al, what’s the problem here?* And you looked very serious and you said to me: *You’ve been having trouble saying goodbye.*”

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Later I learn from Camille that there’s another way to teach *stay*: feed a steady stream of treats while the dog is actually *in the process* of staying, instead of rewarding her after she’s already stayed. This way, Camille says, the dog wants to stay for as long as possible. The old way, she can’t wait to be released.

And all I can think is that I must’ve learned it the old way: that stillness, for me, has always been a function of resistance; a thing to be endured, not enjoyed; a waystation, a standby mode; a kind of purgatory. The dog was supposed to strengthen my resistance, force me to settle, keep me at home. Because that’s what I thought home was: the opposite of wandering, of waiting, of always wondering what comes next. I thought home was Veracruz, a battleground, a place that quashed wanderlust, razed curiosity, shut out the beauty indigenous to the whole wide unsettled world. A place no one with access to a seaworthy ship would ever actually *choose* to stay.

I thought home was where the heart is—and where it stayed, caged and afraid. But for the expected red muscle I swapped in the Kong, also red, and let it deliver a version of stillness that is its own meaty reward. I knew she was there, the dog, leashing me to my address, my neighbors, my mailman, my key, my routine. But from that center of gravity the leash spooled out endless and loose. And in the end what I learned was not how to stay but how to leave and return, how to come home again and again.

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Guidance on a Saturday Morning

By Brady Mikusko
Illustration by Sara Van Zandt

I received the call from my Uncle Bob on a Friday night. Now, keep in mind that this guy had never called me. I was in my late 40s at the time. So for 40-plus years, I had never received a call from him. After the “How are you?/I’m fine” ritual, he told me that he was working on a family tree and wanted to know who my brother Pat had been married to. Looking back now, the question itself was a very funny one. Pat has been married at least four times, maybe five. I don’t think I even met one of his wives. So if Uncle Bob thought he could get accurate information from me — he was mistaken!

At the time though, his call and the question were a wee bit complicated, and I felt immediately suspicious, uneasy, and definitely reactive, in a go-for-the-jugular kind of Irish way. My first thought was: *Why is he calling me and not my brother, Pat?* I understood why he wasn’t calling my other brother — Mike had been dead for eight years. But Pat was very much alive.

A bit of history about Uncle Bob. He is the third child and only boy in an Irish/Scottish family, my mother, Alice, being the oldest. He married late in life and, although he and his wife Jan tried, had no children. Uncle Bob was the center of attention when he came to visit our family, with me and my four siblings sitting around the chair, delighting in his Irish storytelling. However, all in all, he was not much of an uncle. Infrequent visits, and with hindsight — very little ability to relate to me and my siblings.

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I was in my late 40s at the time. So for 40-plus years,
I had never received a call from him.

Most important to this remembrance, however, is that he broke off his relationship with my mother, right around the time she left my dad, Ed, who had suffered a stroke five years before. One explanation at the time was that he was angry with my mother for leaving a disabled (albeit long-time violent) man — for another man. The theme of this story has something to do with loyalty, I think. (I also think that one never owes a violent man loyalty, but then, I am a mere woman in a world filled with a lot of angry men. What would I know?) Another story is that he was angry at my mother for leaving my dad without a word to her own brother about what was going on and where she was. He was worried about her is the essence of that story. Worry connotes love, right? No matter what the actual story, the result was that Bob and Alice had not spoken to each other in 17 years. Now *that* is not a pretty story.

(Note: In a desire for historical accuracy and to be fair to my mother, she had tried once — and one time only — to get through to her pig-headed brother. We were all at a funeral of some relative, and upon the urging of her children, my mother tried to speak to Bob. He totally rejected her attempt and my mother went back to her corner of the ring, convinced even more in the rightness of her position.)

Back to the call.

I was reactive, and the call got my Irish up. I remember asking Bob how he could be so interested in a family tree when he hadn’t spoken to my mother in 17 years. It seemed, well ... incongruent and well ... hypocritical. And furthermore, if he wanted that information, he was not getting it from me. He could call his nephew, Pat, directly, or he could call his sister, Alice. Within seconds, his wife was on the line and the two of them — with me still on the phone — fully engaged in a nasty fight. I can’t remember if I hung up on them or they, on me. It was one or the other.

And it was a long, sleepless night.

I remember asking Bob how he could be so interested in a family tree when he hadn’t spoken to my mother in 17 years.
It seemed, well ... incongruent and well ... hypocritical.

Fast forward to morning, to me holding a freshly-made cup of coffee. I was trying to remember who said what, and figure out what in the hell to do with the whole damn mess. Within a short time, I called my uncle to apologize to him, and he rebuffed my apology. (Remember the funeral when he rebuffed my mother’s apology. *Déjà vu.*) Not only did he rebuff my apology, but he alluded to “knowing” something horrible about my mother and said he would tell me about that someday.... I was really shocked. For one thing, in my world, if someone apologizes, you accept their apology. (It may be the Slovak from my father’s side in me, as I do recall that my own Irish mother never has apologized to me, ever.) For another thing, his comment felt so “dirty,” sliding it into the moment as a kind of special “f*** you” to me, his niece. I retorted, “*Nothing* you could ever say to me about my mother would impact how much I love her.” Loyalty is an Irish trait.

One of us hung up the phone.

I went downstairs, feeling incredibly upset and sad and filled with confusion. More coffee. I remember staring outside. I remember asking myself: *What in the hell can I do about this?*



What happened next is forever imprinted in my mind.

A small bird fell from the sky and landed ... dead, on the brick patio. Two tiny legs and feet pointing upward, the bird on its back. Dead as a doornail.

I stared. I looked around. I looked up. And I knew.

The answer to my question had come. Clarity. Guidance. I got it. Finally. My relationship with my uncle was a dead bird: Never really had one, never would. Dead bird.

I went upstairs and wrote my uncle a heart-felt, clear-headed, non-blaming letter. I explained to him how much I wanted him to be the kind of uncle I wanted, how much I wanted him and my mother to be the kind of siblings who visited each other and who were involved in each other’s lives, including mine. You see, I yearned for my Uncle Bob to be something he was not. I was hurt that he was so caught up in his 17-year fight and estrangement with my mother that he was willing to lose me, too. But then again, he never had me. He never really was there. I expressed my love (a distant love to be sure) for him, and I said, “Goodbye.” I wished him a happy rest of his life.

I went downstairs, feeling incredibly upset and sad and filled with confusion. More coffee. I remember staring outside.
I remember asking myself: What in the hell can I do about this?

I saw him once some years later at my father’s funeral. He pulled me aside, hugged me, looked into my eyes, and he wished me a happy life, too. “I mean it,” he said. I nodded.

I know he did.

Postscript. *As a life coach, I have many clients who are seeking answers: answers to their problems, their issues, their concerns, and for many — answers to the whole question of “meaning.” For example: What is the meaning of this conflict? This ache in my heart? This chronic unrelenting issue? This problem at my job? Why I chose this partner? As readers of Crazy Wisdom Journal might expect, it turns out that I don’t have the answers, really. The answers lie within or will come to my clients. I do play a part, however. I raise possibilities. Offer my insights/ observations. Ask questions. Provide tools. But just as often, I nudge them to look inside and find the wisdom that exists within them — waiting to be listened to. At the same time, I also urge my clients to look outside themselves and find the guidance and information that is often coming directly to them. One could even say, at them! I believe that if we are not open to such guidance, we will probably miss it.*

Brady Mikusko, M.A., L.M.S.W., is a Certified Newfield Network Life Coach and also a divorce and separation coach. As a life coach, her focus is to help clients get unstuck. She is currently developing a series of workshops called “Brain and Body Breaks,” which teaches tools to help people de-stress, improve the functioning of their brains, and increase their vitality. For more information, visit www.bradymikusko.com or contact (734) 747-8240.

The Beauty of Approaching Death Consciously

By Marc Lerner

Why wait till the end of your life to consciously accept you are going to die? We all will die. Most people have a hard time even thinking about their death, but that is your ego's resistance. In your most conscious moments, you embrace life instead of your mind-made reality. I have had MS for over 30 years; I am in a wheelchair, legally blind with several handicaps that destroy the quality of my life. I suffer from intense pain. For these reasons, I do not resist death; in fact, at times I would welcome it. You could say this is a terrible situation, but it has given me the opportunity to really study death and the way I approach it.

I find that life attachments keep me from going deep inside. They are like a life preserver I subconsciously hold onto. Letting go of them allows me to go deep — to a depth that is beyond thinking — where I connect to the wisdom of my body. Imagine the things we are attached to, such as the clothes we wear. This covering makes us feel secure (if we were naked in the middle of a public event, we would not feel so secure). Think of attachments as the clothes you wear, and also the heartfelt joy you feel when getting in bed with your lover naked. Approaching death consciously is removing your attachments as you get closer to death. When you let go of these attachments, you naturally embrace life, like embracing your lover.

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To help me prepare for this final journey, I wrote a book called *The End: A Creative Approach to Death*. The first part of this book helped me be clear about what is involved in approaching death. The second part consists of 40 poems that helped me to prepare from a creative perspective. Here are a few excerpts:

Many of us have lived a life where we have become proficient in accomplishing goals; we live our lives in that state of mind. When we are close to the end of life, what is our goal? In our lives, we have been “the Doer,” where we do things by focusing on our thoughts. Preparing for death requires us to also be “the Receiver.”

Of course, there are things to do to prepare for this ultimate journey, but we also have to receive to get valuable input from our deepest inner wisdom. The majority of our character was created by habits developed as children, but most children never learned how to prepare for death.

In Stillness Speaks, Eckhart Tolle said: “In the last few moments before physical death, and as you die, you then experience yourself as consciousness free of form.”

Consciously approaching death involves utilizing powerful inner resources in a selfless way. This inner journey does not serve your ego, but it definitely brings you closer to life. If preparation can give you a better connection to life, why wait until the end of your life to prepare? It would serve everyone to prepare for death, even when it was not yet a threat. My best preparation happens when I transcend my ego and surrender in consciousness. As Lao Tzu said: “It is best to prepare for death while you are still alive.”

Basically, we think to our self-image. If you think to your Positive Self, you will get positive responses. If you think to your Negative Self, you will get negative responses. As you read this book, the importance of the Positive Self will become clear, especially in dying, for you want to have positive interpretations at this time.

You will learn how to develop self-trust, which allows you to use inner resources to be in the moment consciously, ready for that passing. You will learn how your breath is a vehicle that can transport consciousness into Silence, which activates the Wisdom of Your Body and creativity as you pass.

Too many people view death as tragic. Their focus is in the rearview mirror as they mourn what they are leaving behind. Of course, mourning is healthy as long as you are aware and conscious of where you are going. This is a natural process. Sometimes when I say I want to die, it leads to mourning, and I cry. I welcome emotional release, because I do not want my approach to death to be an intellectual exercise.

Unfortunately, most people resist freedom, as they hold onto what their ego identifies with; there is no freedom in holding on like that. “Confidence” comes from the Latin, “con fide,” or with faith, and it takes confidence to face death without holding onto your mind-made reality. Actually, it takes the same confidence to face death as it does to face life, where you are totally free, connected to life in the moment. It is difficult for the ego to comprehend real freedom, because we are attached to our ego, and freedom comes when you are free from all attachments.

In *Stillness Speaks*, Eckhart Tolle said: “In the last few moments before physical death, and as you die, you then experience yourself as consciousness free of form. Suddenly, there is no more fear, just peace and a knowing that ‘all is well’ and that death is only a form dissolving.” You need to learn how to separate your consciousness from your mind-made reality. From this state of being, you will find passing to be easy and without fear, attachments, or resistance. I think it is good to work toward that as you master approaching death.

Too many people view death as tragic. Their focus is in the rearview mirror as they mourn what they are leaving behind.

I have a formula that I will develop in this book that gives you control over the quality of life as you approach death: Anxiety = approaching death x your resistance. As you approach death, your anxiety increases as your resistance increases. If you learn the art of surrender, your resistance will decrease until you approach death without anxiety.

The Eckhart Tolle quote allows this to happen naturally. As you develop strong habits, you can allow this to happen without creating resistance. The quality of life does not depend on the health of your body; it depends on your focus. In your approach to death, develop the focus that serves you in creating the quality Eckhart Tolle talked about in passing.

When you do this work ahead of time, it also makes it easier for those who love you and care for you. It allows them to relate to you consciously in the moment and say goodbye. There is always mourning when you deal with death, but there can also be a celebration when it is done consciously. Join me in creating the conscious moment, where you pass into a new dimension and celebrate.

FOREVER

Time seems to be changing for me,
Minutes seem to be so long
And even 10 seconds seem to last forever.
Maybe that is it,
I must be getting closer to forever.

Marc Lerner, age 62, has had multiple sclerosis since 1981. A Michigan State graduate in psychology, he worked for 25 years with cancer and AIDS patients, veterans with PTSD, and the mentally ill homeless. In 1982, he founded Life Skills Institute and began writing and giving seminars. His books include *A Healthy Way to Be Sick*, *The Positive Self*, and soon, *The End: A Creative Way to Approach Death*. All are available on Amazon. His website is lifeskillsinc.com. Marc can be contacted at (734) 913-0868.



Namaste, Roshani!

Whether you’re a seasoned yogi or getting ready to roll out your mat for the first time, you’ll find a variety of tips from local yoga instructor, Roshani Adhikary.

Namaste, Roshani,
For several months, I was recently out of commission due to shingles. My body burned, I felt itchy all over, and I could barely move. It was sheer misery! Once things began getting a bit better, I dabbled in yoga and found that I’m finally getting some movement again. Which Asanas or sequences do you think are contributing to my improvement? My outbreak was primarily running through my lower back, and it wrapped around my torso to my abdominal area. I would love to create an at-home routine to keep the shingles at bay. Thanks!
Janet L., Ann Arbor

Sorry to hear about your episodes with shingles, Janet! I remember having chicken pox as a child, and it was no fun. Good for you: discovering yoga is a great way to begin the recovery process. As for specific Asanas (yogic postures) that may help you, try some simple spinal twists. These twists are known for literally wringing out the toxins in your body. You can sit cross-legged to begin. Inhale both of your palms all the way up toward the skies, and as you exhale, lower your palms down. Gently place your right palm on your left knee cap and your left palm on the ground, behind your sacrum. As you inhale, lengthen your spine, and as you exhale, deepen your spinal twist. All the while, make sure you relax your shoulders away from your ears. After five to seven breaths, inhale both of your palms back up to center and switch sides. Gently place your left palm on your right knee cap and your right palm behind your sacrum. Your gaze will go over your right shoulder.

If sitting cross-legged is uncomfortable for you, you can choose a modified variation on your back. Lie on your back with your arms relaxed to a “T” shape. Bend both of your legs at the knees. As you exhale drop both of your knees to your left side, keeping your gaze over your right shoulder. Hold for a few breaths, then switch sides, bringing your knees up on an inhale and dropping them to your right side as you exhale. Your gaze will go over your left shoulder this time. Enjoy!
Cheers,
Roshani

Namaste, Roshani,
I’m going through radiation treatments on my right breast for breast cancer. When attending even basic yoga classes, if we are instructed to do simple postures involving lying on our stomachs, my chest feels immense pain and discomfort. What can I do? Also, my right shoulder feels like it is slumping lower than my left. Is this because of the treatment? Is there an Asana to rectify this? Please help!
Kat S., Ypsilanti

Congratulations on enduring the treatment you need to fight off cancer, Kat! Furthermore, my heart is beaming with happiness at the thought of your continuing a yoga practice during this tough time. Kudos! First of all: get off your belly. It’s okay, even if everyone else in the yoga studio is in one posture, for you to modify to suit your needs. If it is uncomfortable for your breast-tissues, honor your body. Choose alternative Asanas that tailor to what your body is currently craving.

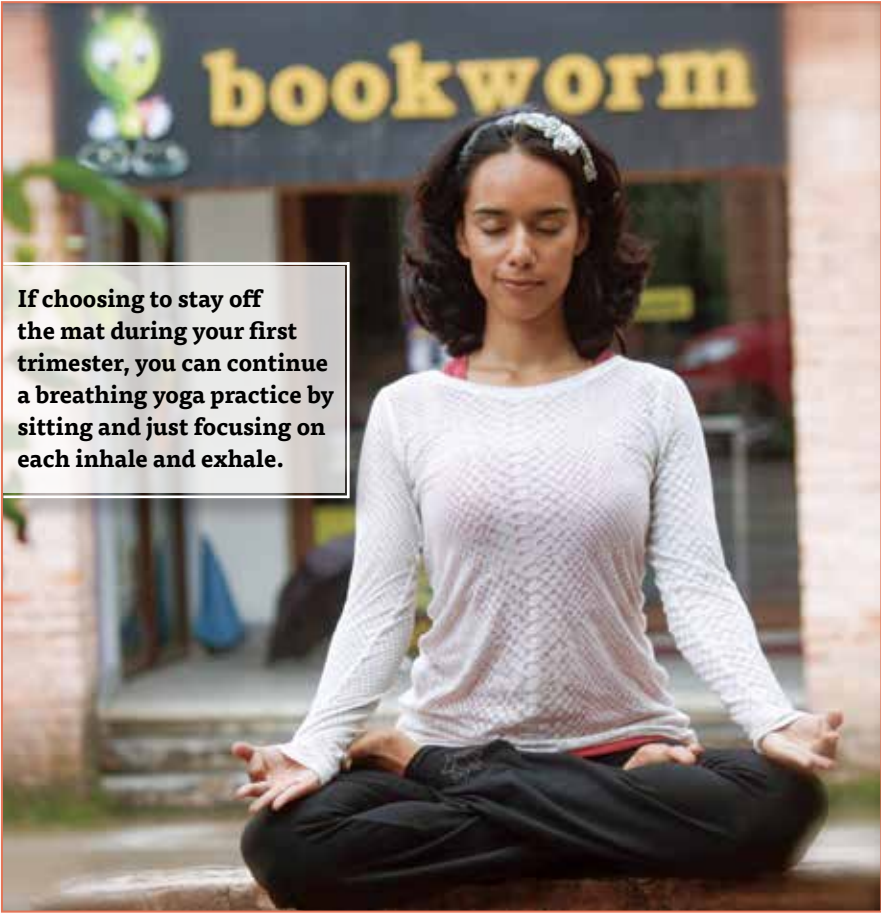
To begin with, if you are aiming to even out the height of your shoulders, or just feel like there is an imbalance, take some time to care for your right shoulder. As you inhale, reach your right shoulder all the way up to your right ear. You can tense every part of your right arm, even forming a fist with your palm. Breathe in through your nostrils. As you exhale, release an audible sigh through your mouth and relax your shoulder and right arm as you drop your shoulder back down, away from your right ear. After a few rounds on solely your right side, you can do both shoulders at the same time. Breathing in through the nostrils and releasing an audible sigh through the mouth is a cleansing breath-technique that should also help you de-stress during this trying time. Hope this helps!
Ro

Namaste, Roshani!
I’ve been following your blog on The Crazy Wisdom Journal website and noticed you are pregnant. Congratulations on this new and exciting journey you are embarking on! I also just discovered I am pregnant, and I’m wondering what to do about my practice. I’m just in my first trimester so I’m still carrying on my regular practice. Hoping you can offer some insight for the next two trimesters.
Mary A., Saline

Woo-hoo! Welcome to the pregnancy sisterhood! I cannot express to you the outpouring of love and support you will receive from everyone in your community during this amazing and often surreal time. I’m still in shock every time I catch someone staring at my belly in awe. It is truly a remarkable time you will want to cherish every moment of. Having said that, I will now say something most yoga instructors rarely do: get off the mat.

During your first trimester, you may feel just as ordinary as ever, but your internal body is going through the most intense changes of its life thus far. Preparing a home for your baby is no small feat, and our bodies know this.

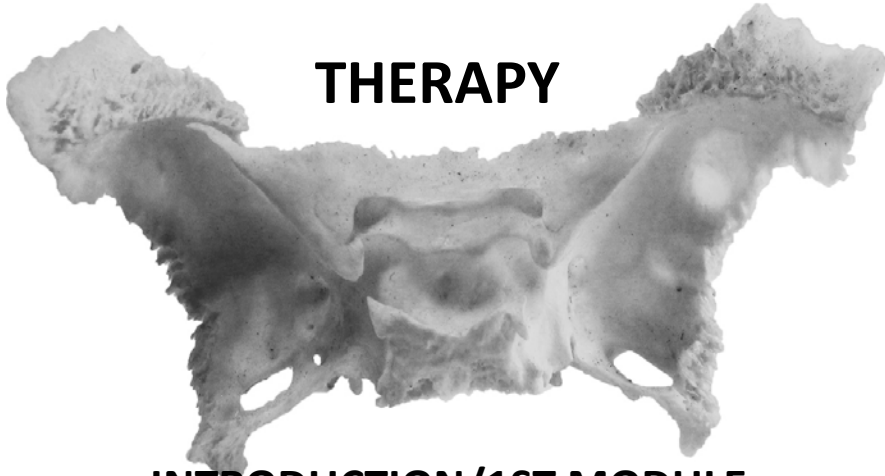
If your regular practice includes inversions, like shoulder stands or head stands — or even more simple movements like spinal twists — all of these need to stop. Some yogis will disagree and carry on with headstands well into their ninth month; that’s fine for them. My own at-home practice consists of a modified Ashtanga primary sequence, and according to the Ashtanga school of thought, which tends to be otherwise quite rigid, during the first trimester, all mats are off.



Use this time to practice breathing techniques as you walk leisurely in a park, or choose other forms of mind-body connections that are less taxing on your body. As soon as your second trimester begins, you can float back on to your mat, but avoid any sudden jumping back and forth to Planks or Chaturangas. Overall, make sure you really soak in every moment on the mat from the second trimester on out!

Roshani Adhikary is a certified yoga instructor teaching in the Ann Arbor/Saline area. Visit crazywisdomjournal.com to send her your queries. To contact Roshani, email her at roshani734@gmail.com.

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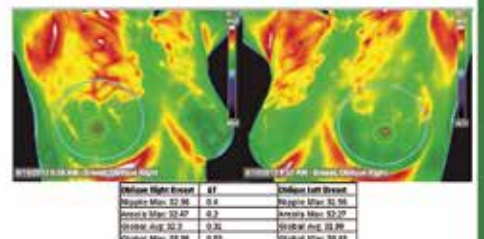


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Permaculture Projects Take Root Across Southeast Michigan



Permaculture is a branch of ecological design, ecological engineering, environmental design, construction and Integrated Water Resources Management that develops sustainable architecture, regenerative and self-maintained habitat and agricultural systems modeled from natural ecosystems.

— Wikipedia



By Nathan Ayers

It was 2008, and the economy was crashing. I was scared about peak oil, climate change, and economic instability, and grasping for answers. A group of women in Ann Arbor were starting a new organization, and had heard about some of the community work I had done around sustainability. Through Transition Ann Arbor, I first hear the word “permaculture.” It sounded interesting, complex, and like a beautiful solution all at the same. Having a background in solar photovoltaics, I was sure that renewable energy systems would solve all of our problems, but here was a group of people talking about a return to ecological based agricultural practices as a systemic solution. My curiosity was piqued, and in 2009, I went out to California to undertake a Permaculture Design Course (PDC).



Permaculture is a design science for creating long-term, seven-generation solutions.

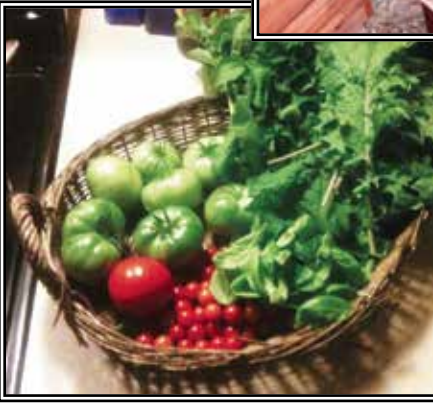
The permaculture approach addresses our most pressing issues. Sustainable food and energy production, carbon sequestration, new economic models based on resource sharing, social justice — all through a return to ecological principles and ethics. What impressed me most was permaculture’s approach to systems thinking — creating solutions for food, energy, water, building, transportation, and waste. This is ultimately a return to source, integrating human needs with the rhythms and cycles of nature. We set limits to growth, and accept the feedback that our natural systems give us. It is a design science for creating long-term, seven-generation solutions.

Start where you are, use what you’ve got, and do what you can.

I returned from California and made the decision to get our Ann Arbor home off of fossil fuels, and make the transition from being a consumer, to being a producer. I resigned from my public school position and started a small company — Chiwara Permaculture Research & Education.

Through my work, I’m so fortunate to meet and help people start their own permaculture journey, as they transition from being consumers to small-scale producers.

We started teaching classes out of my house — I used the food installations and energy efficiency improvements as hands-on, problem-based learning courses with grade schools. Our first pilot project with Summer’s Knoll looked at how we could grow and harvest pokeberry ink to increase the efficiency of solar panels. We now work with Ann Arbor and Detroit public schools — and utilize permaculture as a vehicle for a K-12 science curriculum. In 2012, I won the first ever “A2 Awesome



Chiwara House is now a community R&D lab where we are a model for other homes in the state, taking on students and clients, helping homes and business owners implement the permaculture principles in their communities.

Award” for the Permacycle — a pedal powered unit that grows food with L.E.D. lights in a closed loop system.

In 2011, we began teaching two-day permaculture intensive courses through Washtenaw Community College from Chiwara House. Through my work, I’m so fortunate to meet and help people start their own permaculture journey, as they transition from being consumers to small-scale producers.

In 2012, we initiated permaculture-based research with the University of Michigan, which has led to the creation of the U-M Permaculture Design Team, a student learning organization that’s part of the University’s Sustainable Food Program.

Chiwara House is now a community R&D lab where we are a model for other homes in the state, taking on students and clients, helping homes and business owners implement the permaculture principles in their communities.

Most excitingly, other permaculture projects have begun to flourish all over southeast Michigan. Jesse Tack and his Abundant Michigan Permaculture Ypsilanti project recently installed an eight-acre food forest at Dawn Farms. There are many permaculture projects in Detroit’s urban farming renaissance. And 2013 saw the first ever Michigan Permaculture Convergence, where over 150 participants gathered at Camp Talahi in Brighton to share experiences, lessons, and skills.

The future is small and local, with community based education and economic development combined with restorative ecology. Through permaculture’s tenets of resiliency, regeneration and bio-mimicry, we can empower a new generation of nature based problem solvers.

Nathan Ayers is founder and director of Chiwara Permaculture Research & Education L3C. He is certified in permaculture design and solar photovoltaics, and can be contacted at nate@chiwarapermaculture.com.



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What's
New

in the Community

Beginning in the fall, Still Mountain, a new Buddhist meditation center in Ann Arbor, will offer meditation classes, dharma study groups, sitting circles, and retreats and workshops.



Photo by Linda Lawson

Pictured above (from left to right) Kay Mahan, Mariko Foulk, Erica Dutton, Carola Carlier, Peg Tappe, Mary Grannan, David Lawson, Hugh Danville, and Simon Ha

By Lynda Gronlund

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

New Offerings by Established Businesses and Practitioners

David Lawson, who has been teaching meditation for 15 years and practicing different forms of meditation for over 30 years, is in the process with others of creating a new Buddhist meditation center in Ann Arbor called Still Mountain. Beginning in the fall, Still Mountain will offer meditation classes, dharma study groups, sitting circles, and retreats and workshops. It will be entirely run by volunteers. The group will host teachers from the local area as well as bring in international teachers. Lawson explained that the center's purpose is three-fold: 1) to provide teachings and practices from Buddhist tradition that are relevant to our modern times, 2) to increase dialogue among the group's Buddhist traditions: Theravada Vipassana, or Insight Meditation Buddhism, and the other two prevalent Buddhist traditions in



the United States, Zen and Tibetan, and 3) to provide "compassionate outreach" to the community, helping others to experience greater freedom and happiness.

Much about Still Mountain is still in the planning stages, but the initial group is made up of about 40 people, with a planning team of 9 experienced teachers, each of whom have been teaching for over a decade, said Lawson. He did emphasize that the group is not overly concerned with size or growth — that if it grows organically that will be good, but they are not setting out to gain a certain number of members. The group, he said, is more concerned with providing value, both to the members and to the community, to "cultivate ways of being kind within and without the group." He explained that the group is also very concerned with inclusiveness, transparency, and with equality; in most groups one or more members have more privilege than others, and Still Mountain wants to avoid that.

Though one of the goals of the group is to increase dialogue between themselves and other forms of Buddhist meditation, Lawson emphasized that they want to do this without diluting the teachings of their own Theravada Vipassana/Insight Meditation tradition. "We are not trying to become a center that teaches all traditions, but to invite a dialogue," he explained. Though the group wants to make the teachings relevant to our time, Lawson said it is "not a stretch to do so," and they will not dilute or diminish their traditional teachings in order to accomplish this. He also said that practicing meditation is not a belief system and that no one interested needs to worry about changing what, if anything, they believe in.

Lawson said that the group is still exploring what types of compassionate outreach to pursue, but that the idea of showing kindness to others is important to the Still Mountain teachers, as they feel it is important to their own meditation journeys.

Still Mountain will run entirely on a Dana system: people will offer what they can in donation to help the Center run. There may be "suggested donations" for certain events, but the planning team is still deciding exactly how to make it work.

Classes and events will begin this fall, and the dates and locations will be announced on the Center's website.

David Lawson can be reached at (734) 662-8317 or ldlawson@sbdglobal.net, and the Center's website is at www.stillmountainmeditation.org.

Local energy healer Tammy Braswell became a certified Soul Realignment practitioner in 2013, and, as part of her practice, is now offering home and property clearings. Braswell described the service as “energetically clearing the stagnant, negative energy” in a home or business to make way for “a more pleasant, healthy environment.” She said that clearing the negative energy can positively affect the health, relationships, and even finances of those living in the home. Many people have heard of smudging — burning sage or other herbs to cleanse negative energy in a home. (*One can buy smudge sticks at Crazy Wisdom Bookstore.*) If smudging is like vacuuming the carpet, said Braswell, what she does is like a professional carpet cleaning. Items in the house that may have accumulated negative energy will be cleared as well, she explained.

To perform the clearing, Braswell said that she accesses the Akashic Records — an energetic imprint of everything that has happened or even been thought in a place. She does not need to be physically present in a space to clear it, as the Akashic Records are available from anywhere, so she performs the clearings remotely. Her clearings have helped her clients feel physically and emotionally better, and have even helped sell homes that had been on the market for longer than normal.

After the home or property clearing, Braswell said that she provides a report on what she found if the owner or renter wants to know what negative energies were present and causing problems. Sometimes, she said, the homeowner would rather not know, and in this case she just provides the time at which the clearing was performed. Some of her clients have reported very clear feelings of change during the time when Braswell performed the clearing: health symptoms alleviating, broken appliances suddenly working, and feelings of lethargy or depression suddenly lifting. And afterward, most occupants feel more relaxed and comfortable in the home.

Tammy Braswell's healing and clearing offerings are detailed online at www.createbyvibration.com. She can be reached by phone at (734) 252 - 6196 or by email at tammy@createbyvibration.com.

(For those interested in reading more about the Akashic Record, *The Crazy Wisdom Community Journal* published an article called *The Soul's Progress: Thoughts on Reincarnation and the Akashic Record* on page 28 of Issue #53 (January 2013), available in our archive at our crazywisdomjournal.com website. The direct link is: <http://bit.ly/CWJAKashic>

Local musician, teacher, piano tuner, and brainwave coach Laurel Emrys is offering two new services: Singing-In-Tune lessons and Being In Harmony sound healing. With her Singing-In-Tune method, Emrys can teach anyone who wants to, how to sing in tune, even if the person has had trouble doing so before, she explained. She has been teaching formal music lessons for many years, but recently realized that standalone instruction in how to sing in tune would be attractive to many who just want to be able to sing in casual settings without embarrassment. “People need gentle caring in this situation,” said Emrys, and explained that many people have been shamed because of their inability to sing in tune. The method includes one or more in-person or phone sessions, as well as an audio recording students can use at home to practice. So far, everyone who has tried the method has been able to learn to sing in tune very quickly. Emrys said that she has worked with people who want to join the choir at their church, musicians who play instruments but still have trouble singing in tune, children, and even one woman with stage IV cancer whose life dream was to be able to sing in tune.



Local energy healer Tammy Braswell, now offering home and property clearings, said that clearing the negative energy can positively affect the health, relationships, and even finances of those living in the home.



Laurel Emrys' Singing-In-Tune method is designed to teach anyone who wants to, how to sing in tune, even if the person has had trouble doing so before.

Continued on page 18

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What's New

in the Community

Continued from page 17

Emrys’ second new offering, Being In Harmony, is a sound healing program she designed. It consists of concert-like events lasting around two and a half hours, and for those who want more in-depth sound healing, individual Harmonic Resonance Attunement sessions. Emrys explained that she suffered with chronic pain for many years, and through her combined knowledge from her work in brainwave optimization and lifelong experience as a musician and tuner, she has been able to heal herself and others. “I love putting things in tune,” she said, and added that her methods marry her technical knowledge of the physics of sound with the art of sound healing.

Emrys performs live singing and flute music for the Being In Harmony events and also plays her own recordings of piano and harp pieces. She described it as a “conference with benefits,” able to shift brainwaves and “impart full-energy frequency,” resulting in a deeply relaxing and healing experience for the audience. She explained that in everyday life and popular music, we tend to hear only a very few of the 12 keys in which music can be arranged. Being In Harmony concerts allow the audience to experience the full range of frequencies, which “nourishes the system in a way we normally can’t.” She calls this “Full Frequency Harmonics.” Audience members have reported feeling “blissed-out,” relaxed, healed, and energized.

Those who choose to go more in depth can meet one on one with Emrys for Harmonic Resonance Attunement, where, in her words, she serves as a “human tuning fork” as she energetically resonates with the person. She described it as a “brainwave shifting event.” Currently, she is seeking participants to work with this modality free of charge who are suffering from chronic pain and/or cancer. Having had past success in curing her own and others’ pain with sound healing, she would like to build her body of work and examine what effects her methods can have on cancer patients, she explained. Those who are interested can contact her by email or phone.

Laurel Emrys can be reached at (734) 761-7699 or info@laurelemrys.com. More details about her offerings are available at www.laurelemrys.com.



Ema Stefanova, long-time owner of Ann Arbor Yoga and Meditation, is offering unique holistic yoga therapy, stress management, and meditation programs for children and adolescents.

visualization, and yoga’s energy healing work [which is] taught in a manner as recommended by tradition for their age [and] temperament.” She said that she meets weekly with yoga therapy clients, privately and in small groups, depending on the circumstances and needs of the child.

Through yoga therapy and mindfulness training, Stefanova said that she has seen results including reduced stress and anxiety, better attention and focus in school, and even improved relationships between siblings. Stefanova can work with children who have behavioral issues, anxiety, ADHD, and autism spectrum disorders, but said that any child can benefit from learning mindfulness techniques. Yoga therapy can also help with a range of health issues for both adults and children, including allergies, asthma, fibromyalgia and arthritis, back pain, digestive issues, hormonal problems and more. Stefanova has been teaching yoga and meditation since 1979 and works in the Satyananda tradition. She is a University of Michigan Integrative Medicine Referral Practitioner.

More information about Ann Arbor Yoga and Meditation is online at www.yogaandmeditation.com. Ema Stefanova can be reached by email at emastefanova@cs.com or by phone at (734) 665-7801. Most classes are held at the Aikido building at 1904 Federal Blvd, Ann Arbor, MI 48103 (class schedule and appointment only).

Veteran chiropractor Richard Omel is forming a new bodywork practice in the Ann Arbor area, which focuses on healthy body movement. He describes himself in this role as a “Movement Management Consultant.” Working as a chiropractor for over 20 years, he has seen many clients with pain and injuries that ultimately stem from poor movement habits in posture, sitting at work or elsewhere, and other daily activities. Even people who are active and knowledgeable about movement often end up repeating bad habits because they may “leave their good movement patterns at the gym or pilates class and walk out with slumped shoulders.” By helping people use good movement all the time, Omel explained that many injuries and imbalances can be alleviated or prevented.

Omel bases his “Human Movement Management” (HUMOMA) offerings on the Mitzvah Technique designed by dancer M. Cohen-Nehemia to teach people the habits of efficient body movement for all activities. He described it as a “hybrid of the Alexander technique,” that integrates body mechanics and neuroscience. Using this system he teaches people to recognize when the body has come out of its ideal neutral position and how to restore structural balance on demand within any environment. He said that most people have healthy movement habits as children, and that part of the goal is to return to that state of ease and childlike body awareness. Omel said he is able to help people at all levels — sedentary or athletic — to develop better kinesthetic awareness and movement patterns.

People interested in improving their movement habits can work with Omel individually, in small groups, or as part of an eight-week course, which will meet for one hour each week. He will begin offering classes in September, with dates, times, and locations to be announced on his website. Currently, he works with individuals in homes and in a downtown location, which he uses by appointment. He has also written a book on the topic, titled *Human Movement Management: Strategies to Improve Body Posture, Movement Habits, and Performance*.

Omel’s new HUMOMA website is www.humoma.com. He can be reached by email at humoma55@gmail.com or by phone at (734) 277-5292.

Su Hansen is now offering personal and spiritual guidance based in the Enneagram and psychological and awareness practices. She is offering individual and relationship sessions as well as group sessions where people can learn to “bring more of their essential self into their everyday life and to their greatest challenges.”

Now offering personal and spiritual guidance based in the Enneagram and psychological and awareness practices, Su Hansen aims to help people learn to “bring more of their essential self into their everyday life and to their greatest challenges.”

The Enneagram is most used to define different personality types. Hansen’s website states: “Each Enneatype approaches the world and their life with a particular view that then develops into their type structure. This structure both aids a person in finding their way in the world and greatly limits their perceptions, thoughts, and behavior. By relaxing the structure more of the essential self is available.” Hansen helps people to discover their type and use this information to help them better understand themselves and their relationships. But, as she explained, she doesn’t “put people in little boxes.” “When we designate a difficulty as psychological or separate it as spiritual, we often limit how we understand it and the approach we use to solve it.” She said that in the sessions she offers, “the exploration becomes much more organic, and we can move freely within the different aspects of ourselves and access a full range of solutions and potentials for growth.” This work can be done in person, via phone, or skype.



Veteran chiropractor Richard Omel is forming a new bodywork practice in the Ann Arbor area, which focuses on healthy body movement. He describes himself in this role as a “Movement Management Consultant.”



Su Hansen

In this work, Hansen describes herself as a guide — someone who “accompanies you on your journey, knows the landscape, teaches skills, takes you where you need or want to go and helps untangle knots along the way.” She invites anyone who would like some guidance in stressful situations, transitions, workplace issues, or relationship difficulties, or is who is feeling overwhelmed or stuck and wanting to move forward, to contact her. She pointed out that relationship sessions are usually romantic partners but can be done with people in any type of relationship they value and want to work well. Those interested in group work will be placed with similar personality types.

Su Hansen can be reached at su@suhanzen.com or (734) 417-8397. Her website is at www.suhanzen.net.

New Books by Area Authors

Ann Arbor author Julie Lawson Timmer’s first novel *Five Days Left* will be released by Putnam on September 9. The book has already been praised by authors Jodi Picoult, Jacquelyn Mitchard, Camille Noe Pagán, and Christina Baker Kline, and will be published in 16 foreign countries. The book tells the stories of Mara and Scott, two people who meet in an online support group during a time when both are about to experience a great loss. Mara is an adoptive mother who has received a diagnosis of Huntington’s disease, and Scott is a foster father whose foster child’s mother will be finishing her jail sentence and taking back her parental rights. The novel takes place over five days when both main characters have to make heartrending decisions for the ones they love.

Ann Arbor author Julie Lawson Timmer’s first novel *Five Days Left* will be released on September 9.

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Lawson Timmer will be promoting her book locally at two events: on Tuesday, September 9 at 7:00 p.m. at Nicola’s Books on Ann Arbor’s west side, and on Monday, September 29 at 7:00 p.m. at Literati Bookstore in downtown Ann Arbor. She is currently working on her second novel.

Julie Lawson Timmer is online at www.julielawsonzimmer.com. She can be reached by email at julie@julielawsonzimmer.com.



Julie Lawson

Continued on page 20

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What's New

in the Community

Continued from page 19

Upcoming Events

On Saturday, November 1, the Michigan Theater will host a screening of *The American Rimpoché: The Story of a Tibetan Lama in the 21st Century*, a feature-length documentary about the life of Ann Arbor's Gelek Rimpoché, founder of the Jewel Heart International Tibetan Buddhist Center. The documentary by filmmaker Nikki Appino features music by Philip Glass and tells the story of Rimpoché through interviews with Rimpoché and narratives from friends, including Professor Donald Lopez from the University of Michigan, Professor Robert Thurman from Columbia University, and Aura Glaser, the founder and original owner of Crazy Wisdom Bookstore (from 1982-1989). Following the screening, Rimpoché, Philip Glass, Nikki Appino, and others from the film, will conduct a special on-stage conversation about the documentary.

On Saturday, November 1, the Michigan Theater will host a screening of *The American Rimpoché: The Story of a Tibetan Lama in the 21st Century*, a feature-length documentary about the life of Ann Arbor's Gelek Rimpoché, founder of the Jewel Heart International Tibetan Buddhist Center.

Rimpoché will be celebrating his 75th birthday on October 26, 2014. As a child and a reincarnate lama living in the Old Tibet, he trained as a traditional monk but was forced to flee in 1959. Rimpoché eventually transplanted to the West, becoming an American citizen and living and continuing his life's work as a spiritual teacher here in Ann Arbor. The film takes its title from a childhood nickname, explained Kathy Laritz from Jewel Heart — he was fascinated with America as a young child in Tibet, and his friends called him "The American Rimpoché."

Photo taken by Allen Ginsberg, not long after Rimpoché became an American citizen.



Gelek Rimpoché

(For those interested, please also see Issue # 17 (January 2001) of *The Crazy Wisdom Community Journal*, then called *The Crazy Wisdom Calendar*. The cover story was titled: *Tibetan Buddhist Lama Gelek Rimpoché Talks About His Years in Tibet and India, American Politics and the Evolution of Jewel Heart*.) It can be found at our online archive at crazywisdomjournal.com. The direct link is: <http://bit.ly/gelekrinpoché>

More information about the screening and about Gelek Rimpoché are available at www.jewelheart.org; questions can be directed to programs@jewelheart.org or (734) 994-3387.

The Self Realization Meditation Healing Centre in Bath, Michigan, will be hosting international teacher Hananda Whittingham from mid-September through the end of November. The Centre's leader, Joanne Rowe, asked Whittingham to come from the mother Centre in England for an extended stay in Michigan, while Rowe travels to England to receive advanced training with the Centre's founder, Mata Yogananda Mahasaya Dharma. Whittingham is Mata Yogananda's direct disciple and travels to the sister Centres to teach various courses. (The location in Bath is one of the five sister Centres worldwide.)

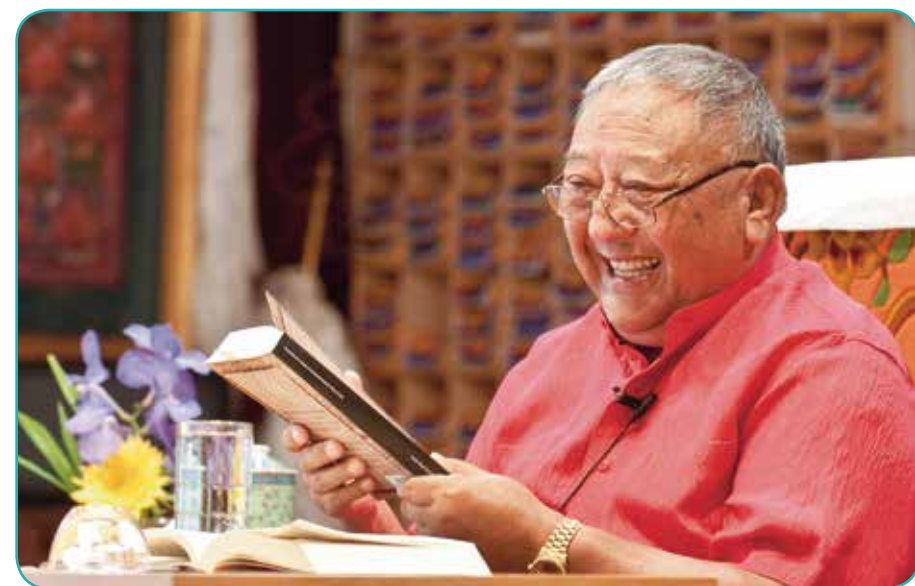
A 501c3 nonprofit organization, the Self Realization Meditation Healing Centre offers Pure Meditation instruction, progressive counseling, natural spiritual healing, and retreats for individuals and groups. The Centre's teachings are applicable to all traditions and faiths, explained Rowe, and its purpose is to help people "master the self in body and mind, and experience who they really are," and "find connection to that which is greater than us (some people call it 'god,' but not everyone uses that word)."

During her stay, Whittingham will be teaching several courses that have not yet been offered in the United States. Those who are interested in taking a course but cannot afford the fee may ask for a bursary, as the Centre exists to "help everyone wherever they're at in their journey," said Rowe. Among the courses she will be teaching will be: *Being Still and Mindful* (for

children ages 5 to 12); *Creating Families* (for parents and parents-to-be); *Animal Healing* (for those who love and want to help animals); *Creating Partnerships* (about finding and being the right partner); *Abundance and Energy* (about releasing blocks and attachments); *Energy and Modern Technology* (learning to use technology for its benefits without its energy-draining side effects); and *Listening and Communication Skills*.

More information about the Centre and its courses is available at www.SelfRealizationCentreMichigan.org. To register for classes or ask any questions, contact info@selfrealizationcentremichigan.org or (517) 641-6201. The Self Realization healing Meditation Centre is located at 7187 Drumheller Road, Bath, MI 48808, near Lansing, and is open daily for silent and meditation.

During her stay at the Self Realization Meditation Healing Centre in Bath, Michigan, international teacher Hananda Whittingham will be teaching several courses that have not previously been offered in the United States.



Rimpoché has written over 40 important transcripts on Buddhist practice, as well as the bestselling book *Good Life, Good Death*. He also helped preserve many rare and ancient manuscripts during his time in India, which otherwise would have been lost forever. Rimpoché has thousands of followers around the world. The film premiered in New York City with great response, and events are planned there and in Ann Arbor to celebrate his 75th birthday.

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What's New in the Community

Continued from page 20

New Classes

Partners in Healing, a partnership of local psychotherapists Sharon Gold-Steinberg, PhD, Carrie Hatcher-Kay, PhD, and César Valdez, LMSW, is offering a new psychotherapy training class called **The Resonant Therapist: 8 Principles of Attuned Psychotherapy**. The course offers 24 continuing education credits (CEUs). This year-long clinical training seminar is aimed at practicing psychotherapists and does not teach a modality, but a “clinical attitude” — principles that make a good psychotherapist regardless of modality used. The first round of the course began in January of 2014 and has 10 participants, from newly graduated and practicing psychotherapists, to one who has been practicing for a decade. All have given positive feedback.



Carrie Hatcher-Kay, César Valdez, and Sharon Gold-Steinberg.

Valdez, one of the Partners in Healing, said that using the principles the Partners included in designing The Resonant Therapist has helped him to be a more effective psychotherapist, but also made his work “so much more effortless.” The course focuses on developing “the most healing relationships” between therapist and client. Valdez explained that there is a lot of recent progress in trauma therapy and neuroscience, and that by applying this information to the general work of psychotherapy, the Partners have been able to use and share more effective ways of working with their clients. “Therapists who come to us for consultation often struggle with how to help clients regulate intense emotion or to cope with internal conflict. While these therapists have many strategies to treat symptoms, they get stumped when it seems a client is ‘resisting’ or defying their good efforts and intentions,” said Valdez. The Resonant Therapist is designed to help therapists address these challenges.

“The Resonant Therapist: 8 Principles of Attuned Psychotherapy” is a new training course that focuses on developing “the most healing relationships” between therapist and client.

For professionals interested in the work of The Resonant Therapist but who do not want to commit to a year-long course, Partners in Healing will be offering half and full-day workshops throughout the year.

Dates and times for the full course and for workshops will be announced on the Partners in Healing website at www.partnersinhealingpsychotherapy.com. Questions can be directed to partnersinhealingpsychotherapy@gmail.com or (734) 926-0071.

University of Michigan Postdoctoral Research Fellow Lia Min will be heading a lecture series this fall called **The Mandorla of Life Sciences and the Arts**, which will be available to undergraduate students and open to the public. Min’s three-year fellowship is jointly guided by the University’s Life Sciences Institute (LSI) and the Penny W. Stamps School of Art, and focuses on the ties between science and art. She recently created an art installation on Exploring the Intersection of Neuroscience and Art. The central piece, titled EEG:EGG was a lotus-shaped meditation chamber containing a stool, a mirror, and a simple electroencephalography (EEG) device, which measures the electrical activity of the brain. The inside of the chamber is egg-shaped, and the viewer sits facing the mirror with the EEG headset on and attempts to clear his or her mind — the reflection disappears as the brain relaxes. Min explained that she was interested in the “Buddhist idea of non-self,” and that in the egg-shaped interior one could return to the “egg-state”: who you are before you’re born and exposed to social identities.



The upcoming lecture series will be held on Fridays at 4 p.m. in the Art & Architecture Building starting on September 5, when Min will speak introducing the series. On September 12, she will speak on the Philosophy of Scientific Methodology. She explained that the scientific method we use today is based on Greek philosophy,

and that she is interested in how this influences our view of the world. The series will span another 11 weeks until its final lecture on December 5, with different local and visiting speakers on topics such as Art and Science: The Blurred Boundary; Creativity and Consciousness in Music; and Past and Present of Scientific Illustration. Members of the public are welcome to attend the entire series or individual lectures that interest them.

University of Michigan Postdoctoral Research Fellow Lia Min will be heading a lecture series this fall called “The Mandorla of Life Sciences and the Arts,” which will be available to undergraduate students and open to the public.

Min said that she hopes students in science will get some different perspectives out of the course, explaining that students are usually only exposed to a certain aspect of their discipline. “There’s flexibility between different thought processes,” she said, and she would like to help students gain more of this flexibility and range in their thinking. Students who are interested can also join a more in-depth discussion course, in which they will work on studying science in creative ways, and create their own art works. Min hopes to work in this course especially with senior level biology students.

Min herself earned her undergraduate degree in art and biology from the University of Michigan and went on to earn a PhD in neuroscience from Harvard, with her studies focusing on the development in the brain of visual perception. She said she is pleased to be at U-M for this fellowship because it is strong in both art and science programs.

Full details of the upcoming lecture series are available at www.lsi.umich.edu/fall-2014-the-mandorla-of-life-sciences-and-the-arts. More details on Min’s fellowship are at www.project-liaison.org. Lia Min can be reached by email at liahong@umich.edu.

New Practitioners and Businesses

Dr. Susan M. Rose, DO, has opened a new practice to exclusively practice her specialty of **neuromusculoskeletal medicine/osteopathic manipulative medicine (NMM/OMM)**. Rose explained that there are two types of licensed physicians: MDs, who are Doctors of Medicine and DOs, who are Doctors of Osteopathic Medicine. Both types of physician do many of the same things, are able to prescribe medicine, and have different specialties; many of the doctors in hospitals and clinics are DOs. The specialty of neuromusculoskeletal medicine/osteopathic manipulative medicine is only available to DOs, and according to Rose, there are only two doctors practicing in this specialty in Washtenaw County, and she is the only one in Livingston County. Her new office, shared with a chiropractor and naturopath in Brighton, is just 15 minutes from Ann Arbor, north on US-23 just past Lee Road, so it offers convenient access for people on the north side of town.



Dr. Susan M. Rose, DO, has opened a new practice to exclusively practice her specialty of neuromusculoskeletal medicine/osteopathic manipulative medicine (NMM/OMM).

Rose has been in practice as a physician for 34 years in family practice, urgent care, and industrial medicine, always supplementing care with the use of OMM. She now wants to focus exclusively on NMM/OMM. She explained that similar to the way a chiropractor can manipulate the vertebral spine to help with many kinds of health issues, the NMM/OMM specialist can manipulate the skeleton from head to toe. Some of Rose’s treatment interests include treating infants and children with birth or childhood traumas; head asymmetry (common in C-sections as the child’s head does not pass through the birth canal); problems with eating, sleeping, digestion, and balance; autism spectrum disorders; Down syndrome; and ADD/ADHD. In adolescents and adults, she treats injuries in athletes, dancers, and musicians (especially guitarists, violinists and pianists); postural or muscle imbalance; hand and foot pain and dysfunction; and joint problems like tennis or golf elbow, and knee,

ankle, and shoulder pain and dysfunction. She also treats headaches, back pain, fatigue, postural problems, joint degeneration, and poor balance — some of the most common problems presented to an osteopath or body worker.

Rose said she has chosen to focus on this work in part because it deals with a “highly motivated population,” people who have “been through the wringer,” and are likely to be compliant with exercises or treatments given. Sometimes, she said, patients have been to many doctors without a successful diagnosis or treatment and are “just happy to be listened to.” The work, she said, is “very demanding physically and emotionally,” but very rewarding. “I’m at a point in my life where I can make my own schedule and make sure I take care of myself,” she said, making it possible for her to work consistently.

Dr. Susan Rose’s new office is at 5889 Whitmore Lake Road, Suite 4, Brighton, MI 48116. Her website is at www.DrSusanRose.com, and she can be reached by phone at (810) 588-6911.

Licensed counselor Pam Linn is opening a private practice located in Ann Arbor’s Hygeia Center to teach mindfulness skills to children. She has worked as a counselor in a school district for 22 years and as she looks to retiring (or “re-purposing,” she said) in a few years, she views this as her next step in life. Linn earned a certification in a year-long program from Mindful Schools in California on Mindfulness with Youth, which she has incorporated into her current counseling work in the schools. She has been able to help children “have better focused attention, improve impulse control, and to re-connect with themselves and others.”



Licensed counselor Pam Linn is opening a private practice to teach mindfulness skills to children. She plans to offer private counseling as well a 10-week small group class divided into different age groups on Saturday mornings beginning this fall.

Linn primarily works with children ages 4 to 16. She has worked with children with ADHD, high anxiety and emotional outbursts, but also with children who do not have behavioral or emotional issues. Both groups benefit, she said, though the biggest difference is seen in the “dysregulated” kids because they have the most difficulty to start with. “We tell kids all the time to pay attention and focus, but we don’t really teach them how to,” said Linn. Teaching mindfulness skills “creates space between what they feel and how to respond,” she explained. Mindfulness reduces stress and anxiety, helps with focus and concentration, and creates happiness, she said, noting that children, in our modern world, are often overburdened and overstimulated with school, sports, activities, and friends. She is thrilled when her students tell her they were able to use the skills in their lives — such as taking time out and calming down instead of fighting with a sibling.

Linn plans to work with some children in private counseling, as well as offer a 10-week small group class divided into different age groups on Saturday mornings beginning this fall.

Times and details of classes and more information about individual counseling will be posted on Pam Linn’s website at www.momentsinmindfulness.com. She will be working out of the Hygeia Center at 220 North 5th Avenue, Ann Arbor, MI 48104 and can be reached by phone at (810) 691-0759 or email at bmindful2013@gmail.com.

Judy Ravin and Barb Niemann have co-founded a new business called Accents International, which focuses on teaching accent acquisition and inclusive listening to non-native English speakers and their native English speaking colleagues, and to professionals who serve non-native speakers. Ravin has been teaching English pronunciation since 1996, and was the founder of English Communication Services, which was acquired by Menlo Innovations. It became the Accent Reduction Institute, which for the last ten years under Ravin’s leadership produced e-learning software that taught a system for “quickly and methodically understanding unfamiliar accents.” The software was used by the American Medical Association to help medical transcriptionists who must understand doctors quickly and fully, the Department of Defense for pre-deployment training, and NATO, along with many others.

Judy Ravin and Barb Niemann’s new business, Accents International, focuses on teaching accent acquisition and inclusive listening to non-native English speakers and their native English speaking colleagues, and to professionals who serve non-native speakers.

This year, Ravin has decided to re-focus on her passion of teaching, since she had moved away from it while working on the development of the American Reduction Institute software. She will remain on the board of the ARI while running Accents International along with Niemann. Accents International’s goal is to “eliminate communication barriers between native and non-native English speakers while maintaining each person’s unique and cultural identity.” She described what she teaches non-native speakers as “accent acquisition” instead of accent reduction. “Having an accent is a good thing; it’s part of a national heritage,” she said. The problems come when people have a hard time making themselves understood. When a non-native speaker is no longer asked to repeat themselves, she said, they are able to become more confident and opportunities open up for them. She

one pause

SEPTEMBER EVENTS

Art in the Garden: Ecopoetics

C.D. Wright & Forest Gander

Thursday, September 11, 5:10–6pm.

Conversation on Ecopoetics at Helmut Stern Auditorium, University of Michigan. Free.



Friday, September 12, 7–9pm.

Reading at White Lotus Farms. Book-signing and reception to follow. Free.



Brenda Hillman & Robert Hass

Friday, September 26, noon.

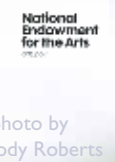
Conversation on Ecopoetics at Hatcher Graduate Library, University of Michigan. Free.

Friday, September 26, 7–9pm.

Reading at White Lotus Farms. Book-signing and reception to follow. Free.

White Lotus Farms
7217 W. Liberty Rd
Ann Arbor, MI 48103

WHITE LOTUS FARMS



For more information or for directions, visit onepausepoetry.org or email info@onepausepoetry.org.

photo by
Jody Roberts

described one company where she taught a group of non-native speaking scientists who were being groomed for management positions but who had a hard time being understood. When she returned to repeat the training with a new group of people two years later, each of the nine scientists who had received the training had moved into management positions and were now requesting training for their newer team members.

The other side of the equation is “inclusive listening,” which teaches native English speakers to more easily understand unfamiliar accents. This training is helpful for doctors and nurses, for example, who must be able to understand non-native speakers in order to most effectively treat them.

Ravin and Niemann teach individuals and groups in person in the Ann Arbor area, but they also have access to a “global virtual classroom.” Ravin explained: “Picture the Brady Bunch theme song where everyone has their own square — that’s how it looks.” In this way, the teachers can see the students’ speech apparatus and the students can see the teachers, so that they can not only hear the sounds being made but see how their mouths need to move in order to reproduce them. Ravin said that in the seven years she has used this platform to teach, there has been no difference in the effectiveness of in-person versus virtual teaching; they work equally well.

Judy Ravin can be reached by phone at (734) 645-2945 or by email at judy@accentsinternational.org.



Please note that the “What’s New” column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the “What’s New in the Community” column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail to the store: What’s New in the Community, 114 South Main, Ann Arbor, Michigan 48104. The firm deadline for submissions for the next issue (January thru April 2015) is November 1, 2014.

Crysta GOES VISITING

In this column, Crysta Coburn writes about crazywisdom-esque people and happenings around Ann Arbor.



1 Turning Something Old into Something New

“Sewing is my thing,” proclaims Candice Kush, smiling brightly. It shows! Candice displays and sells her marvelous handmade, upcycled creations through her Etsy shop, Textile Stockpile, giving her both a creative outlet (“I ran out of people to give stuff to!” she laughs) and a way to work while staying home with her young daughter.

Candice grew up in Chelsea, then attended Eastern Michigan University, graduating in 2006 with a bachelor’s degree in fine arts. She started to get a teaching certificate, but abandoned it after one semester when she realized that teaching was not for her. At first, Candice tried drawing and painting, as she had been taught in school, but nothing seemed to work out. “I bought the expensive Prisma markers,” she says, “thinking that would help, and no.” After trying to paint a picture for her friends’ wedding that just wasn’t coming together, Candice scrapped it, re-did it in fabric, and “that was the vision.”

She has been sewing since she was a little girl. Her mother did clothing alterations out of the home for extra income, and when Candice turned 21, her mother bought her her first sewing machine. She has made quilts, tote bags, purses, pencil cases, little carry-alls, and Halloween costumes. (Last year her daughter was a ladybug.)



What started Candice on creating upcycled bags was an old T-shirt of her mother’s that she didn’t want to part with, but also couldn’t wear. Turning beloved articles of clothing, like T-shirts or a favorite pair of jeans, into quilts or pillows has been a trick circulating among crafters for years. As Candice points out, “it’s a great way to hang onto things [we] don’t need.”

Candice has taken this one step further with her Etsy shop. “At least two shirts are re-purposed for each bag. They are all unique and made with my own two hands.” Her favorite places to find great graphic T’s for her bags are the Salvation Army on State Street in Ann Arbor (one of my personal favorite thrift stops, as well) and Value World on Maple Road near Plum Market. She used shirts with breast pockets that were found on clearance at Target to make two super cute fabric pencil cases. Pockets can be difficult to make from scratch, so using the pre-pockets from the shirts not only added extra storage, but a more polished and complete look. There is also a fantastic side-bag that she made from a pair of corduroy pants.

Candice Kush displays and sells her marvelous handmade, upcycled creations through her Etsy shop, Textile Stockpile, giving her both a creative outlet and a way to work while staying home with her young daughter.

Why T-shirts? “They’re cheaper than fabric,” Candice explains, and she can make the bags without measuring. When she does use zippers, such as with the pencil cases, she sews them on by hand because she finds it easier than trying to coax it through her sewing machine.

Candice’s husband is an artist, too, but works outside the home to support their growing family. Candice knows that when their second baby comes along, she won’t have as much time to work on her craft, so she is trying to get as much done as she can now. I, for one, am cheering her on!

Visit Candice’s Etsy shop, Textile Stockpile, at www.etsy.com/shop/TextileStockpile. She can be contacted at candice@textilestockpile.com.

2

Wild Harvested Healing

What is the largest organ of our human bodies? Our skin. It absorbs more and has less protective barriers than our digestive systems. So why do we pay less attention to what goes on our bodies than what goes in?

This is a question posed by Shannon Amori, the insightful woman behind the ReallyHeal Company, L.L.C., of Ann Arbor, which offers holistic nutrition, herbal medicine, and bodywork therapy. Shannon started her career as a nutritionist, earning a degree in dietetics from Michigan State University. Originally going to M.S.U. to study art, Shannon was later persuaded by her mother to switch to a more practical major. She sees her current pursuit of nutrition, herbalism, and energy work as a bringing together of multiple loves. May we all be so blessed!

Shannon collects many of the herbs and plants for her scrubs, balms, salves, and more at local Ann Arbor parks. Yarrow and bee balm are particularly plentiful in Michigan, and famously soothing chamomile especially grows freely. Shannon is always careful to stay away from roads and other high-traffic areas so as to avoid direct contact with so many pollutants. In her own backyard she has built a raised bed garden to keep her plants away from the fence she shares with her neighbors, who use chemicals on their lawn.

As we walked around her vibrant, verdant yard, Shannon pointed out plants that I had seen my entire life and taken for granted as just part of the Michigan backdrop. Dandelions, the bane of many gardeners, is a natural antibacterial and can be rubbed onto cuts and scrapes to help them heal. A cloth soaked in bee balm tea can be used as a compress and antiseptic. Bruised plantain leaves are perfect for relieving the pain of bee stings and irritation of mosquito bites. Fresh clover treats boils. Suddenly, I was seeing a place as simple as a neighborhood backyard in a whole new light. It was a pharmacy!

When I asked how she got started blending her own salves and balms, Shannon immediately answered, “I like to be independent in everything.” She smiled as she shared memories of her Polish grandmother who baked everything herself from scratch. Before coming to America, her grandmother and grandfather lived for two years in the woods of Russia after escaping the Nazis in Poland. “That must have been pretty wild,” she laughs. The little community they built there was entirely self-sufficient. How exciting! I thought.

We can be equally take-charge with our health in the modern day. Something simple like Shannon’s Calendula Salve is perfect for inflammation, for example, an all too common ailment nowadays. Calendula has been used for centuries as an anti-inflammatory and anti-fungal, and this salve melts instantly at the touch of a finger, making it easy to rub onto sore neck muscles, but has yet to make a mess in my bag. It’s also great for ragged cuticles and hang nails. I truly felt like the skin repaired itself overnight. The Natural Lip Balm contains “a hint of organic berries,” tempering the strong peppermint scent and tingle, and also comes in a little tin that can easily be tossed in a purse, bag, and taken on a plane since it is solid, not liquid. (This is a big plus for me. I travel a lot!) Ladies, if you are looking for a lotion to reduce the appearance of stretch marks, try the organic Vanilla Frosting intense moisture cream. It will soothe your skin, decrease inflammation, and make you feel silky smooth.

As of last fall, Shannon has quit her “day job” and gone solo, a step that holds many more timid souls back. She isn’t worried. “Once you do what you want to do, it keeps coming.”

Shannon Amori owns Dandelion Botanics & ReallyHeal Company, L.L.C. For more information, visit www.facebook.com/reallyheal/info; www.reallyheal.blogspot.com/; or www.etsy.com/shop/dandelionbotanics. Shannon can be contacted at (248) 808-1201 or shannoncolerd@hotmail.com.



Shannon Amori

3 The Energy of Numbers

St. Augustine wrote that “numbers are the Universal language offered by the deity to humans as confirmation of the truth.” Numerology is the study of the influence and power of numbers. Everything from our names to our birthdays and addresses has numerological significance. Learning what these numbers mean can offer valuable insight into our life paths and purpose, relationships with our loved ones, and career choices.

“Based on when a person is born, the time they’re born, and the name they have on the birth certificate,” we can learn a lot about ourselves, says local numerologist and spiritual healer Gayle Elise Fitzgerald. She has studied numerology for 32 years. Her journey with numbers began when she was 13 and a book at a local store jumped off the shelf at her. (I’ve worked in bookstores. This happens sometimes.) I spoke with Gayle recently about the numerological significance of my own name and date of birth.

I was born on 10/20. Gayle, ever patient and ready to answer any question, explained that numbers are generally reduced down to single digits (10 would reduce to 1, for example, because 1 + 0 = 1), though double digits also have meaning. A number ending in zero is made ten times more impactful than a single digit alone. Think of it as an exclamation point. (Or ten.) A person born on the 23rd of the month has the energy of 2, 3, and 5 (the number it reduces to), while I have a very concentrated 2, being born on the 20th. Gayle noted that so many 0’s is uncommon for one person, and she doesn’t see it often. I guess this makes me a pretty intense person! Right? Sort of.

Says Gayle, “The soul attracts the birthday and the name on the birth certificate.” So instead of our personalities being a result of the day and time we are born, or what names our parents give us, our souls select those birthdays and names to reflect who we are and what we are here to do and learn.

I was born about noon. People born before sunrise, Gayle explains, often retain some characteristics of the previous day. (The new day officially beginning at sunrise, not midnight.) These individuals may have unresolved karmic debt related the previous day’s energy, while people born during daylight hours (like me) have moved further past that. This can add considerable depth to a reading depending on how far from dawn a person was born.

All together, my own reading revealed that I am here to communicate. The main mission and lesson of my life is to bring new, fresh ideas to people and foster communication and feelings of freedom, mostly through writing. Writing popped up again and again in both my name and my birthday readings. Interestingly enough, my father chose my name so that it would flow well in case I wanted to become a famous writer one day. Apparently even as a newborn, I was a good communicator.

From the numbers resulting from my name (a more involved process than birthdate that I am not qualified to get into here), I learned that my life will never be boring (it rarely is), and I will learn much from the people I meet, who will in turn help me on my path. I am also adaptive, resourceful,

“Based on when a person is born, the time they’re born, and the name they have on the birth certificate,” we can learn a lot about ourselves, says local numerologist and spiritual healer Gayle Elise Fitzgerald.



Gayle Fitzgerald

and charming. (I like to think so.) Gayle also cautioned me that I tend to lean towards perfectionism, and it is perfectly ok to step back and let things go now and again. She has me there. But I don’t feel judged. Talking with Gayle was both affirming and empowering. I really felt like she was there to help me understand, not to confuse or feed me only what I wanted to hear. (Even if what she had to say did make my life sound pretty awesome and exciting.)

Whether or not you believe in karma, you can still receive the benefits of numerology. Gayle helps people with understanding their life’s purpose, relationships, personal power, and more. “Each number represents an energy and has a lesson,” she says. Knowing these numbers “helps us make the most of every moment.” If you ever feel unsure about your place in life, as I think we all do at one point, or are just plain curious, I say give numerology a try. I had a lot of fun, and I feel I learned a lot about myself, where I am, and – hopefully – where I am going.

For more information, visit celestialvibrations.com. Gayle is offering a free report for our readers based on birth date: “Three Things You Need to Know About Your Life Purpose for Greater Clarity and Connectedness.” Gayle will be giving two talks in the Crazy Wisdom Community Room: “The Seven Golden Pearls of 2014” on September 15, 2014; and “The Eight Golden Pearls of 2015” on December 3, 2014. Visit celestialvibrations.com/yourpathofpurpose for details. Gayle can be contacted at (734) 327-8423 or celestialvibrations@gmail.com.

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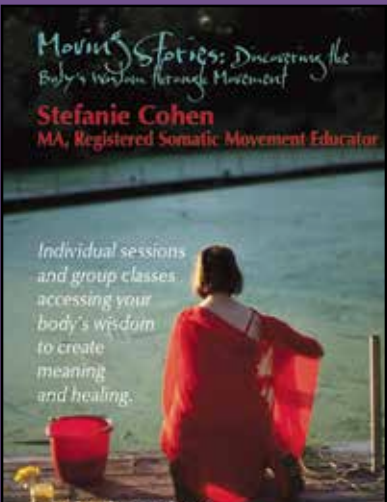
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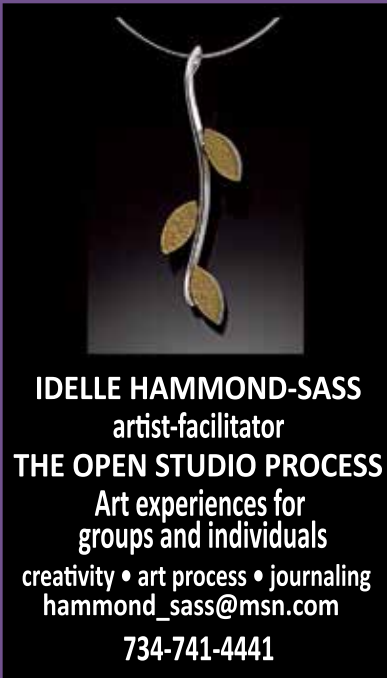
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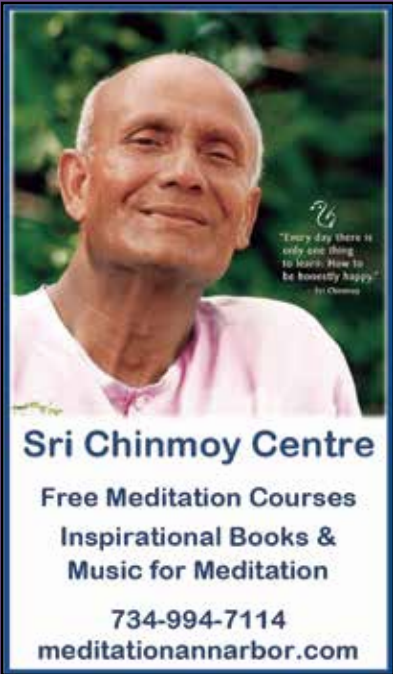


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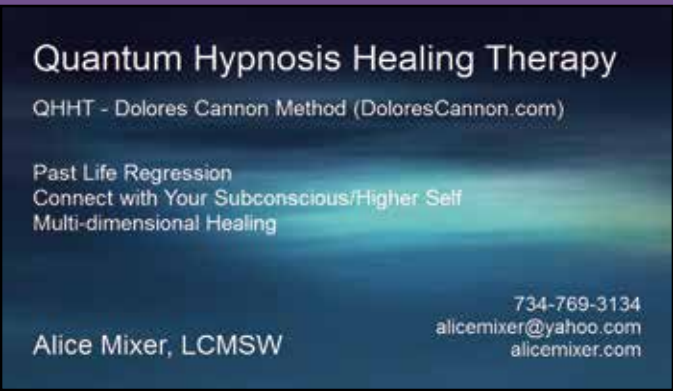
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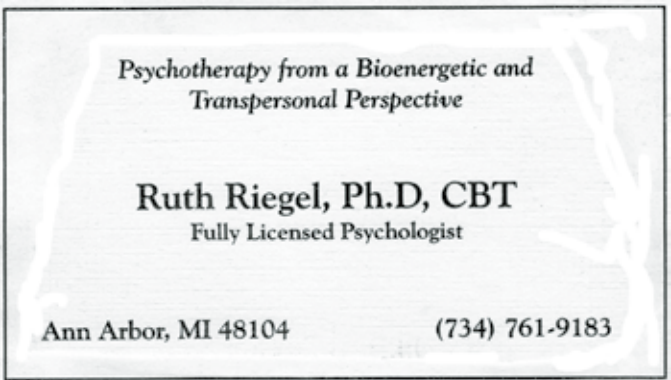


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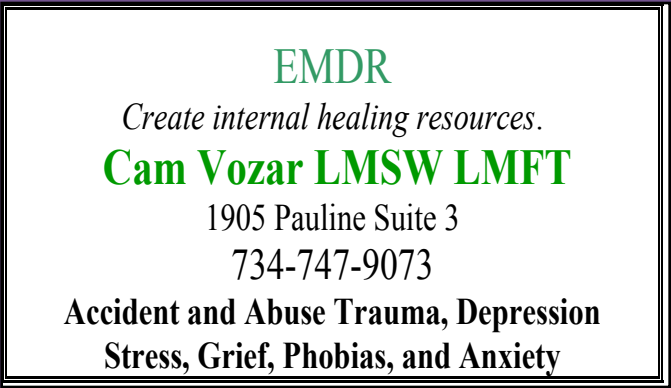


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Leaps of Faith: Tales of Local Businesses

This is one in a series of articles we’ve been doing on local business owners and their businesses. What follows are profiles of two interesting businesses that are thriving despite the odds.

By Mary Runser
Photos by Susan Ayer

Stone, Water, and Wood — the Elements of Design: *Bloom Garden Center & Elemental Design*

Traven Pelletier, owner
Bloom Garden Center & Elemental Design,
1885 Baker Road, Dexter, Michigan 48130;
(734) 426-6600; www.bloom-gardens.com

Traven Pelletier has been working in design for quite some time. His studies in sculpture and environmental art at Wesleyan University in Connecticut, and his experience helping his father tackle erosion control in his hometown of Cape Cod, led him to his current career in landscape design. Erosion control consists mainly of building staircases over sand dunes, putting up snow fences, and planting beach grass to inhibit further erosion of the land and to protect the wildlife ecosystem. “I grew up working with my dad on these projects, so it was my first introduction to the landscape and construction business,” Traven explained. “And while I was doing that, I worked part-time for gardeners during the nineties on Cape Cod.” It seems that all these things aligned to bring him where he is today, the owner of Bloom Gardens & Elemental Design.



Traven Pelletier

“Stone, water, and wood are the three elements we use when constructing outdoor gardenscapes, so that is the Elemental Design side of the business. Bloom is the boutique-style nursery where we sell flowers, plants, outdoor art, and all things gardening.”

– Traven Pelletier





To help master the various aspects of a project, Traven has a diverse creative team that includes landscape designers, wood and carpentry specialists, and project managers, as well as a horticulturalist, business manager, boutique manager, and garden center manager.

Bloom Gardens is a boutique-style garden center that offers everything from plants and organic soil treatment, to fountains and garden art pieces. Elemental Design is a landscape design and construction business. Together, Bloom and Elemental Design provide creative landscape design services that can transform an ordinary backyard into an escape reminiscent of the backwoods or a lakeside vacation get-away. This combination business also shares a talented and creative group of individuals who help people actualize their gardening and landscaping dreams.

Traven first came to Ann Arbor in 2000 to attend Buddhist retreats and study Buddhism at the Tsogyelgar Dharma Center, Traktung Rinpoche’s community (where White Lotus Farms is also now located). Another student had just started a business called Lotus Gardenscapes, and he wanted a business partner, so Traven joined his business venture. He founded Elemental Design in 2008 as a part of Lotus Gardenscapes. Separating the businesses on friendly terms, Traven parted ways with Lotus at the end of 2012 and went on to open Bloom Gardens as a part of Elemental Design.

After breaking ties with Lotus Gardenscapes, Traven needed to do something, and since landscaping design was what he was the most comfortable with and passionate about, he took a leap of faith to strike out on his own. Thankfully, he had the support of his Buddhist community to help him make that leap financially. “The White Lotus Farms Community purchased the facility and property and provided the capital to open this business,” Traven said. “I was fortunate that they were willing to front the capital to open my business in this space.” The space Traven refers to is a large barn that sits on the left-hand side of Baker Road heading into Dexter. The barn and the property around it allow him to operate both wings of his business from the same location. “Stone, water, and wood are the three elements we use when constructing outdoor gardenscapes, so that is the Elemental Design side of the business. Bloom is the boutique-style nursery where we sell flowers, plants, outdoor art, and all things gardening.” Most of the growing and gardening items found at Bloom are locally made or grown, and the repellants used to deter insects and animals are natural, organic, and harmless to the environment. The flowers and plants are from Michigan or Northern Ohio, so they’re hearty enough to tolerate and thrive in the Michigan climate.

The nursery business is tough because it is seasonal, and much of the inventory has the potential to become a business loss if not sold by the end of the growing season. “It’s tough for any start-up business,” Traven said. “But having a start-up nursery and landscaping business with all the necessary upfront capital and the seasonality of the business is



“I try to remind myself that having the financial support of my spiritual community and being able to be here in this space really is a leap of faith, and I am blessed to be a part of it ...”
– Pelletier

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super scary. Facing all that and working through it, getting over the hump of the winter months and finding more support within the larger community has been a rewarding venture in itself. I try to remind myself that having the financial support of my spiritual community and being able to be here in this space really is a leap of faith, and I am blessed to be a part of it.”

Stacey Rayer & Traven Pelletier



If you look through the yellow pages under landscapers, you will find a plethora of businesses in the Ann Arbor area offering different levels of service, from lawn and flower bed maintenance, to full-out construction and design, including rock and water features. Home lawn and landscaping seems to be more commonplace now than in years past. With demanding work lives and homes located in industrialized areas, it’s harder for people to find the time to connect with nature and rejuvenate. And landscape design is a way to bring nature into our own backyards. Depending on how much one can afford or chooses to spend on landscaping, options run from beautiful yet simple flower beds, to a complete everyday nature escape including waterfalls, meandering streams, rock walls, and outdoor kitchens and pergolas.

It is no mystery that the primary reason for such exotic landscaping is aesthetics. “The second reason, especially for gardens with water features,” Traven explained, “is that they are dynamic and alive. In the Asian tradition of gardens, the water feature is the heart of the garden.... The main thing about a water garden — whether it’s a small fountain or a larger feature, like a waterfall with a meandering stream — is that it moves; it makes a sound; it sparkles; animals come to it; birds bathe in it. It has an attractive aesthetic quality that’s enlivening and enriching. It’s dynamic and brings a sense of tranquility and relaxation.” Tranquility and relaxation are two seemingly elusive and often intangible qualities we could all use in abundance.

Traven is not alone in this venture. He has an entire staff of people who work with him to create the kind of outdoor gardens that bring a little slice of heaven to the home. “I’m really good at seeing the big picture,” he said. “I can see the end product fairly clearly, early on, and I’m good with design for rock walls, installation art pieces, decks, and outdoor structures, but I’m not so great with plants. I’m not a horticulturalist, although I’ve learned some things about plants.” To help master the various aspects of a project, Traven has a diverse creative team that includes landscape designers, wood and carpentry specialists, and project managers, as well as a horticulturalist, business manager, boutique manager, and garden center manager.

Traven and his team can do it all, from simple flower bed design to the most complex and detailed outdoor escape with rock walls, decks, and waterfalls, or other water features. Along with the Bloom Garden boutique, they make it easy for you to maintain or create your perfect outdoor environment.

Leaps of Faith: Tales of Local Businesses

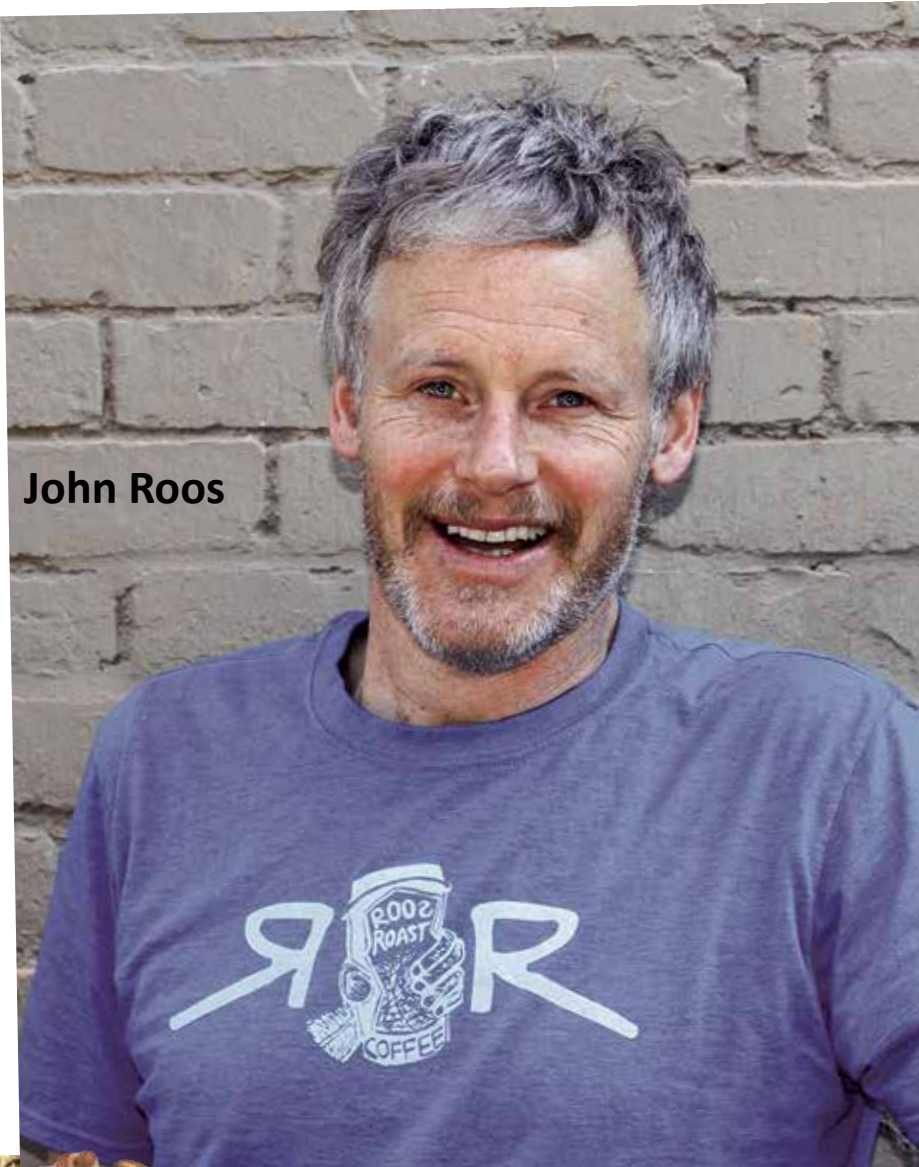
Feature continued from page 31

RoosRoast Coffee: Ann Arbor’s Hardest-to-Find Coffee Shop

John Roos, owner
RoosRoast Coffee, 1155 Rosewood Street, Suite B,
Ann Arbor, Michigan 48104;
(734) 222-9202; www.roosroast.com
(Rosewood Street is located off of S. Industrial Highway)

After its humble beginnings in a garage, RoosRoast has certainly extended its reach. Now you can spot the signature screen-printed packages of this specialty coffee in shops all around Ann Arbor and enjoy your favorite blend in RoosRoast’s recently expanded sit-down coffee shop. In 2003, after many years of working as a chef, owner John Roos decided to start roasting his own coffee beans, so he bought a roaster and began in a friend’s garage. A few years later, he decided to finally open a sit-down coffee shop. His idea, he said, was to start a

business where it was fun to work and where he could apply the different things he’d learned from the jobs he held previously. And, of course, the business would involve coffee. “Coffee is just such an amazing thing. I love [it], and everything just led me in that direction. It just kind of grew organically from there, and I teach and encourage people to have this organic openness — there’s a lot of improvisation and performance art with coffee. Customers see that, are attracted to it, and want to be a part of it. The product is the number one element, but [also important] is doing it in a way that everyone wants to get involved and become a part of it.”



John Roos



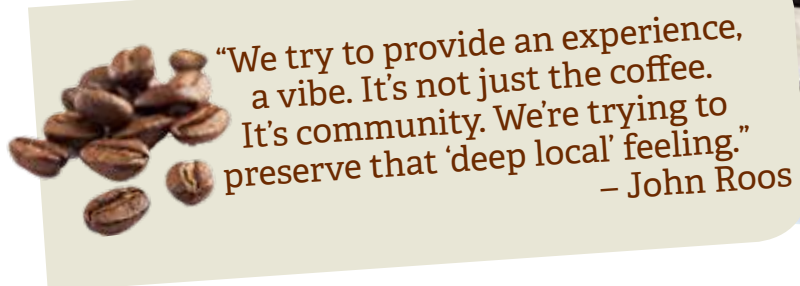
“My claim to fame is that I have the
hardest-to-find coffee shop in town.”
– John Roos



“...There’s a lot of improvisation
and performance art with coffee.
Customers see that, are attracted to
it, and want to be a part of it. The
product is the number one element,
but [also important] is doing it in
a way that everyone wants to get
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– John Roos



RoosRoast coffee specializes in artisan beans and is always hand-roasted. Using carefully sourced beans, more than 80 percent of its coffee is fair-trade and organic. All of its ingredients come from Central America, South America, Africa, and Indonesia (Asia), and there are six blends: Lobster Butter Love, A-A Cowboy, Mother Pheasant Plucker, Rich French Neighbor, A2 Skate Park Blend, and Espresso Blend. The RoosRoast headquarters itself may not be easy to find, but its whole-bean blends are sold at various stores in the area (Whole Foods, Plum Market, Arbor Farms, and more) and served at restaurants including The Grange, Raven's Club, Café Verde, and Northside Grill. RoosRoast also buys and imports small micro-plots of coffee for which they create new bags and labels. "[RoosRoast] is always evolving and changing, and that's what I like about it," John explained. "It's a very complex business, from making a shot of espresso, to deciding how much coffee to buy. You have to deal in the here and now, but also in the future because it doesn't do any good to have enough coffee just for today."



Having grown up in Ann Arbor, John left for Colorado after graduating from high school. He stumbled into cooking, he explained, because it was the perfect thing to do for someone who also wanted to ski and have fun. But he enjoyed cooking and also became good at it, so it then became his default career. After about ten years, John left Colorado and began cooking in different parts of the world, such as Hong Kong and Hawaii. "Everywhere I went, though, I was always searching for really good coffee." Following this, John returned to the States and spent the next 15 years in Portland, Oregon. "Coffee was quite a big movement there," he said. "It's really rainy in that area, and [I found that] people loved to drink coffee. It was a huge part of the culture."

When John returned to Ann Arbor in 2002, he was at a loss for what to do. Not wanting to cook or work in a restaurant, he took a job selling cars for about four years. "I really liked cars, had always dreamed of being a car salesman, and I was really good at it." In 2003, he started roasting coffee in a friend's garage on Birk Avenue in Ann Arbor, and he would promote RoosRoast by giving his clients a bag of coffee if they bought a car. After six years of underground roasting and promotion, John finally took his product to the Ann Arbor Farmers' Market in 2008, which is where he got his first legitimate start in the business.

In 2010, John acquired the current space for RoosRoast, and it has certainly launched him into the Ann Arbor coffee culture. "Now I have 12 employees and craziness happening all the time," he said. This is still the only RoosRoast coffee location, but the brand is continuing to expand. "We are also going to be the coffee supplier for this new venture called the Argus Farm Stop [at the corner of Liberty Street and First]." John went on to explain that the old vacant gas station is going to be converted into a year-round farmers' market. "They will be [selling] produce from only local farmers, and there will be an espresso bar, and we'll be the roaster for them."

RoosRoast began in a difficult economy, but John said they did well. "... Now that we're making an economic come back, we're doing even better." Since opening in 2010, they've even expanded the square footage of their space, and on the morning I visited, there was a line of people waiting to order. "Who would have thought that people would come to this part of town for a cup of coffee? It's weird!" I told John that it took me forever to find out where his coffee shop was located. It was like some super-secret to which only a few were privy. "My claim to fame is that I have the hardest-to-find coffee shop in town," he said. But people are willing to look for it and then go there for the best cup of coffee in town, so RoosRoast has got something right.



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Something John took away from his years in the restaurant business was the thought and care that went into preparing each meal to ensure that all the flavors and components complemented one another. "And then, we'd rip open a bag of coffee and dump it in a coffee brewer as though coffee were something else altogether and not a part of the whole meal experience. That's the attitude I want to change," he explained. He took what he learned from cooking and applied it to making coffee by sourcing good green beans, roasting them properly, grinding them fresh, and brewing them the right way for an exquisite cup of coffee. And now, he's teaching others how to complete this process and produce excellent coffee time after time. "I've heard it said that coffee is an acquired taste. I used to only like dark roast, but over the years, I've learned to appreciate the plethora of flavors and nuances between the various roasts." Other people are learning to detect and enjoy those differences as well, and they're helping to create a coffee revolution in Ann Arbor.

Going to and frequenting a particular coffee house, or any coffee house, is certainly something more than just a quest for good coffee, and this is something John also understands: "We try to provide an experience, a vibe. It's not just the coffee. It's community. We're trying to preserve that 'deep local' feeling." For people who were born and raised in Ann Arbor, there are things that just seem to have always been here, like Washtenaw Dairy, and that are simply part of the fabric of the community. It's that kind of feeling and experience that John is trying to create and foster for his customers for years to come. "That's why I brought RoosRoast here, because I have roots here. Even if many people still drink Maxwell House daily, they're coming around to something better. And we prepare the coffee to order by the cup, so we're providing that 'deep local' experience one cup at a time."

John thinks that RoosRoast is also a great atmosphere for his four-year-old son. "He loves coming in here, and I think it's great because he gets to meet all these people, and he sits and talks to them. And he really loves to help us pour beans into the coffee bags." Owning his own business allows John the opportunity and time to really experience and be a part of raising his son. "His mom only gets mad at me when I ask him if he wants to taste the coffee."

What is it that's so special about RoosRoast, aside from the fabulous coffee? "We're an inspiration to people," John said. "We've provided jobs in the community and we provide an example of how you can do things." Stop in and experience it for yourself. And while you're there, be sure to ask John about his pet project sitting in front of the building — a 1967 International Harvester Metro, a large van he once drove around the country. Now painted with the RoosRoast logo, it is mostly for decoration, but John has other aspirations for it. Perhaps mobile RoosRoast is on the horizon? Watch John's face light up as he tells you the story.

###



Conscious and Tasty Eating and Nutrition

a new section!



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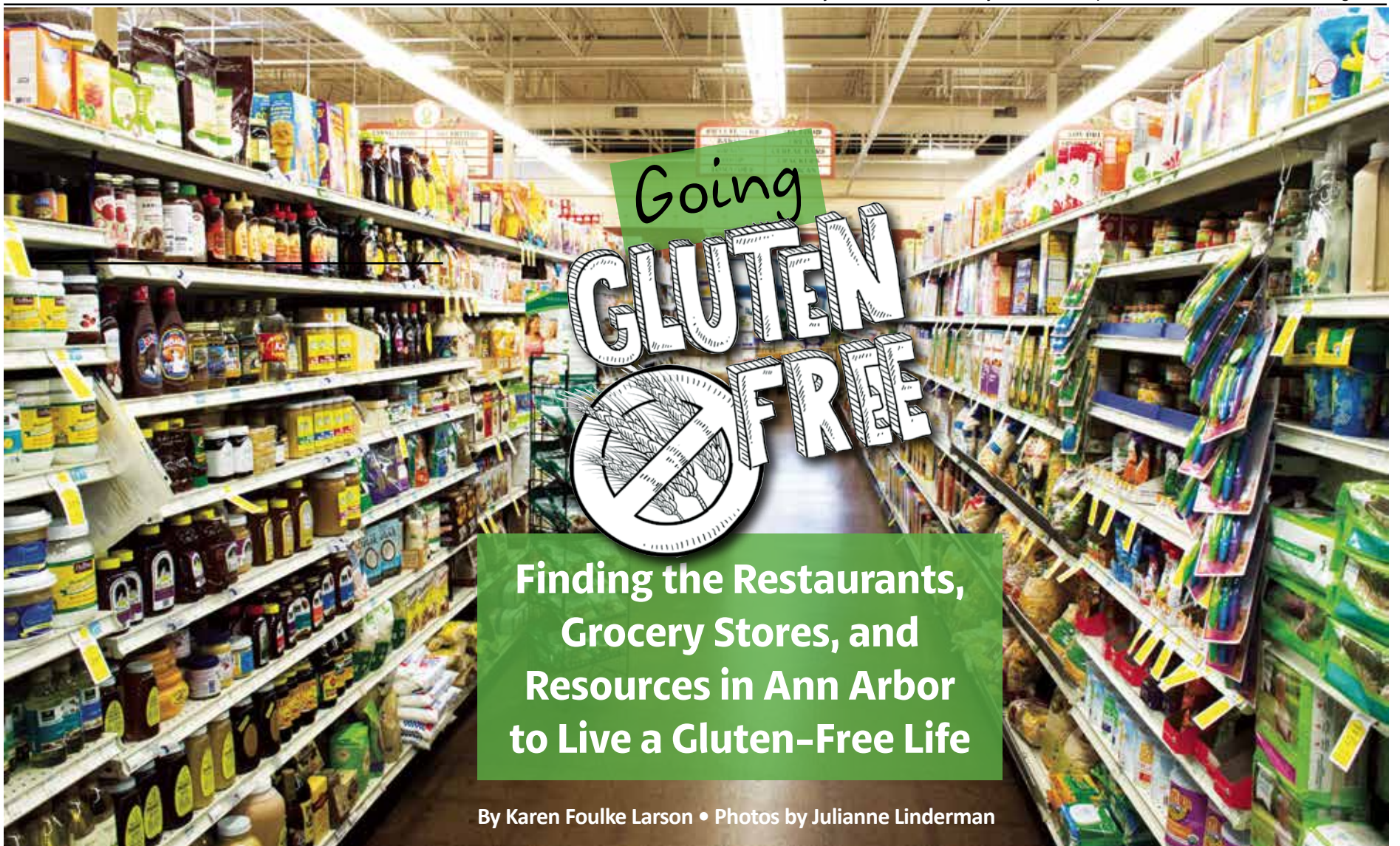
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Hail to the Gro'er!



Finding the Restaurants, Grocery Stores, and Resources in Ann Arbor to Live a Gluten-Free Life

By Karen Foulke Larson • Photos by Julianne Linderman

GF Those two little letters signify “gluten-free” and represent a major lifestyle change for people trying to follow a gluten-free diet. These letters are becoming more visible in restaurants and grocery stores as the gluten-free market expands. *The New York Times* bestseller list reflects the increased interest in gluten-free, with top-selling books like *Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health* (Rodale, 2011) and *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar—Your Brain’s Silent Killers* (Little Brown & Co., 2013). Even the Girl Scouts are trying a gluten-free cookie in test markets this year. Interest in gluten-free is growing nationally, but locally, interest has been steadily increasing for several years. Ann Arbor may have been ahead of the national trend with increases in dining options and the availability of items in grocery stores.

Interest in gluten-free is growing nationally, but locally, interest has been steadily increasing for several years.

Gluten is the “glue” that gives elasticity to dough. It refers to the proteins that occur naturally in wheat, rye, barley, and crossbreeds of these grains. For people with Celiac disease, a gluten-free diet is a necessity to avoid a variety of gastrointestinal problems and other symptoms. Celiac disease is an autoimmune digestive disease which causes the body’s natural defense system to respond by attacking the lining of the small intestine. An estimated 1 percent of the general population has Celiac disease, and potentially 18 million Americans may have some non-Celiac sensitivity to gluten, according to the National Foundation for Celiac Awareness.

Ann Arbor’s Dr. Edward (Lev) Linkner, M.D., ABIHM, has been in practice for 36 years, and he is seeing more and more people with gluten intolerance. He noted that there is a big difference between Celiac disease and gluten intolerance or gluten allergy. Dr. Linkner said, “I don’t know, nor does anyone, the short or long-term effects of G.M.O. [genetically modified organism] foods.” Grains, especially white grains, increase insulin resistance, which is a pre-diabetic state and increases inflammation.

In addition to those with Celiac disease, he said more people are going off gluten to see how they feel. He points out that it doesn’t cost anything to give a gluten-free diet a try. For someone who is trying to have a gluten-free diet, Dr. Linkner recommends the help of a nutritionist and encourages people to read labels carefully.

“We know now that gluten can affect organs and systems outside of the intestines even more than it affects the gut.”
—Judy Stone, C.N., M.S.W.

Judy Stone, C.N., M.S.W., Director and Consulting Nutritionist (CN) at the Center for Functional Nutrition, has also witnessed an increase in clients who are choosing gluten-free diets for a variety of reasons over the last few years. Stone said,

Getting gluten out of the diet is helpful for any inflammatory condition because gluten is an inflammatory food. It’s been linked with osteoporosis, infertility, brain fog, [and] joint pain, among other things. We know now that gluten can affect organs and systems outside of the intestines even more than it affects the gut. I recommend all of my clients with any autoimmune condition avoid gluten because gluten is known to flare up the immune system in a large percentage of folks with autoimmune conditions.

As far as improving one’s health, Stone said, “So even though those conditions can’t be ‘cured’ you can quiet them down and slow down the damage created by the body attacking itself. Many people find being GF helps with gut symptoms even if they have tested negative for Celiac. There’s an increasing amount of evidence-based support for eliminating gluten as well as lots of personal anecdotal support, which of course is another form of evidence.” She added, “I’ve seen periodic blogs or articles dismissing GF as a fad with no basis in science, but I think at this point anyone who writes in that vein is just misinformed and hasn’t done their homework. Often people do a trial elimination of gluten and feel better almost immediately. For others it may take six months or a year to notice improvements — for those folks, I think having a test to validate the presence of a gluten sensitivity is helpful since you don’t have the immediate confirmation of your body saying, Yes, that stuff makes me feel bad.”

Stone recommends being proactive and aware of what other people are serving. She said, “I think it’s a good practice not to let a server or anyone else assume responsibility for your best interests. Don’t stop thinking. A server might tell you the seared Ahi Tuna is GF, but he or she may not be thinking about the soy sauce that comes with it.” She encouraged people to be their best advocate. “Learn what foods are likely to have gluten and look at all components of the dish — is it breaded or ‘dusted’ with flour? Does the sauce or stuffing have gluten? Is it served with a gluten-containing garnish?”

“I’ve seen periodic blogs or articles dismissing GF as a fad with no basis in science, but I think at this point anyone who writes in that vein is just misinformed and hasn’t done their homework. Often people do a trial elimination of gluten and feel better almost immediately.”

—Judy Stone, C.N., M.S.W.

It is important to know which items contain gluten. Stone said, “For example couscous, bulghur, semolina, and farina are all wheat products. Barley and rye are gluten-containing grains. Hydrolyzed vegetable protein *could* be wheat-based but not always. Generic terms like seasonings and natural flavoring, et cetera, should be avoided.” She suggested people study the facts until they get the hang of the diet. “Definitely print out and review the avoid lists until you become more familiar with gluten by any other name. You will find that there are multiple categories of ingredients that could or could not contain gluten depending on their source and you likely will never know for sure, for example binders.”

Gluten-Free Ann Arbor

In 2005, Valerie Mates gave herself a birthday present of a gluten-free day, and said the positive changes in her health were like “flipping a switch.” One of the immediate changes she noticed was a huge increase in her energy.

Mates’ gluten-free diet started a few months after her daughter, Kendra, was diagnosed with Celiac disease, in 2005, when she was three years old. In a span of 24 days from the time she started a gluten-free diet, Kendra went from the 8th to the 12th percentile on the growth chart. When intestinal villi are damaged, they are not

Continued on page 36

Going Gluten-Free

Continued from page 35

able to absorb nutrients. Once gluten is out of the system of someone with Celiac disease, the villi can recover, thus the big change in Kendra.

As part of the process of learning about gluten-free food and sharing information, Mates started the Gluten-Free Ann Arbor Yahoo! group. Topics discussed include diagnosis of Celiac disease and gluten sensitivity, restaurants, and health care providers. The group started in 2005, grew to 250 members in 2007, and increased to 500 members in 2009. It has now grown to over 800 members. People seeking information about gluten-free diets can subscribe by emailing: glutenfreeannarbor-subscribe@yahoogroups.com.

Mates recalled those first years after Kendra’s and her own diagnosis with Celiac disease as the years when her family avoided restaurants. She said that Celiac disease could be isolating. Mates compared living with Celiac disease to when you have a new baby. At first everything is harder and more complicated, then it becomes easier.

Mates recommends the “Find Me Gluten Free” app which can be sorted by “kid-friendly” and “vegetarian” as two of the search options. Stone recommends looking for apps with large databases that get updated and that allow you to search both by typing in the item or scanning its bar code. She said that some apps now identify multiple allergens, which is handy if you are avoiding more than just gluten. People with Celiac disease often have food allergies in addition to the autoimmune disease.

Gluten-Free Groceries

Gluten-free products are plentiful at The People’s Food Co-op. Kevin Sharp, outreach and education manager, said that it’s a concern for many people and an important niche to be filled. “Fortunately, we are able to provide gluten-free alternatives in just about every category. Not everyone has time to bake, so ready-made gluten-free alternatives are in high demand, from breakfast cereals to frozen burritos.” The Co-op also bakes its own wheat-free cookies, cakes, and pastries (the PFC Bakery does also handle wheat), as well as a “Nothing But Chocolate” chocolate cake and “Sunbutter Greenies” cookies, which are also vegan. “They are perfect examples that nothing needs to be lost in flavor and texture just because something is wheat-free, vegan, etc.,” Sharp said.

Among the Co-op’s most popular gluten-free products are Bob’s Red Mill Gluten-Free Rolled Oats, Amy’s Gluten-Free Rice and Bean Burritos, Nature’s Path Mesa Sunrise Cereal, Sesmark Sesame Rice Crackers, and Specialty Flour Brown Rice Tortillas. The Co-op also carries a variety of non-wheat flours (brown rice, buckwheat, etc.) in bulk.

Also meeting the strong demand for GF products is Arbor Farms Market. Arbor Farms Market Co-Owner and Manager Robert Cantelon said that Arbor Farms has at least doubled the number of gluten-free products offered three years ago.

Cantelon said the interest in gluten-free food in Ann Arbor started well before the mainstream trend. A decade ago, Arbor Farms moved to its current location on Stadium Boulevard, and even then, customers were asking for gluten-free products. He says Arbor Farms’ customers have a great deal of food knowledge and for them, “Food is an integral part of a healthy lifestyle.” That viewpoint extends to people asking, “What is in it?” and “What does it do to me?”

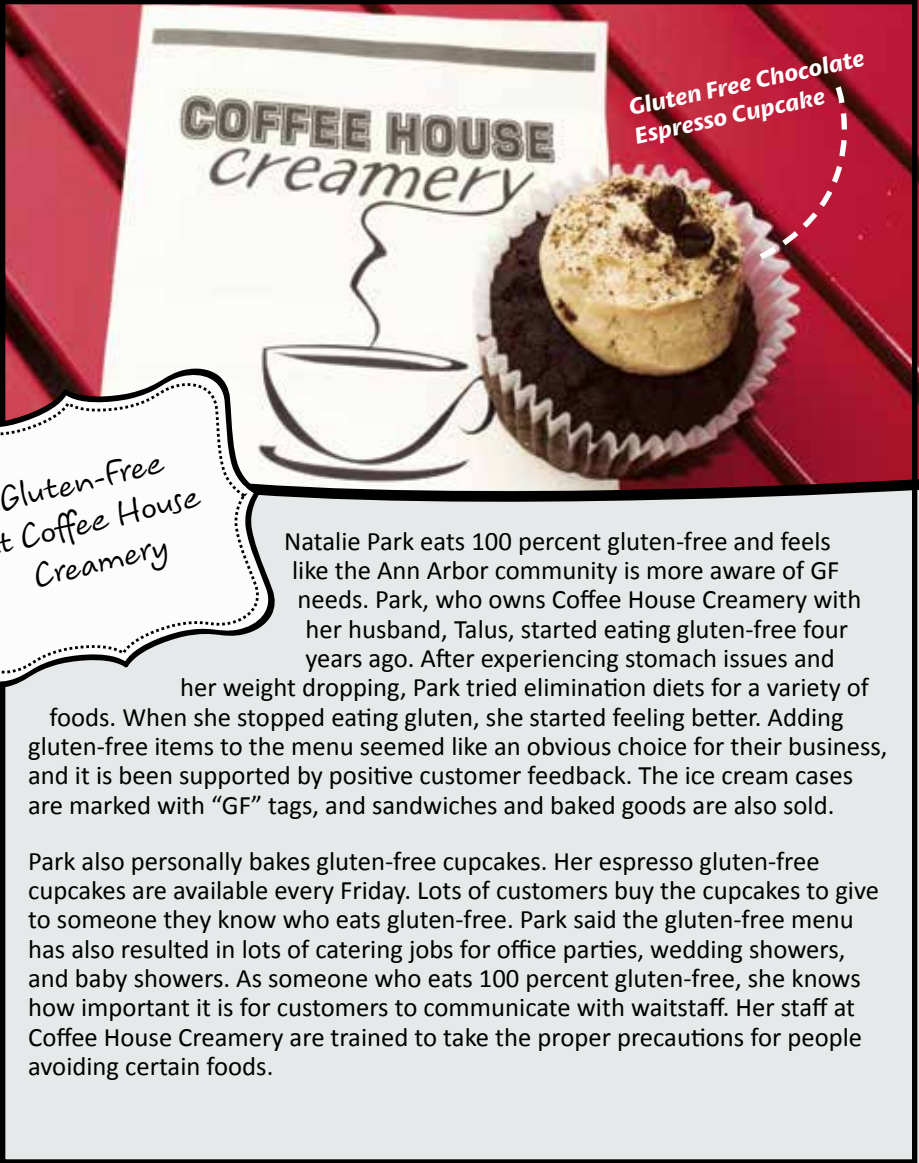
“As a smaller store without a corporate framework, we are open to what people are asking for.”
—Robert Cantelon,
Arbor Farms Market Manager and Co-Owner

Some of the earliest requests from people interested in GF products were from parents of children with autism. Both people with Celiac disease and people with gluten sensitivity also frequently have other dietary needs. On a daily basis there is a customer with a list of other things they are avoiding. Cantelon said, “As a smaller store without a corporate framework, we are open to what people are asking for.”

Manufacturers have shown an increased interest in the past two or three years which has benefited consumers. In February 2013, Arbor Farms expanded its frozen area. One of the motivating factors was the “explosion” of gluten-free products. Bread has a short shelf life, but the freezer cases at Arbor Farms showcase a variety of products from a multitude of manufacturers. Cantelon said another frequent



Arbor Farms Market Co-Owner and Manager Robert Cantelon said that Arbor Farms has at least doubled the number of gluten-free products offered three years ago.



Gluten-Free at Coffee House Creamery

Gluten Free Chocolate Espresso Cupcake

Natalie Park eats 100 percent gluten-free and feels like the Ann Arbor community is more aware of GF needs. Park, who owns Coffee House Creamery with her husband, Talus, started eating gluten-free four years ago. After experiencing stomach issues and her weight dropping, Park tried elimination diets for a variety of foods. When she stopped eating gluten, she started feeling better. Adding gluten-free items to the menu seemed like an obvious choice for their business, and it is been supported by positive customer feedback. The ice cream cases are marked with “GF” tags, and sandwiches and baked goods are also sold.

Park also personally bakes gluten-free cupcakes. Her espresso gluten-free cupcakes are available every Friday. Lots of customers buy the cupcakes to give to someone they know who eats gluten-free. Park said the gluten-free menu has also resulted in lots of catering jobs for office parties, wedding showers, and baby showers. As someone who eats 100 percent gluten-free, she knows how important it is for customers to communicate with waitstaff. Her staff at Coffee House Creamery are trained to take the proper precautions for people avoiding certain foods.

scenario is the customer “who is not sick but wants to try gluten-free to see if it makes them feel better.”

Another trend Cantelon noted is that manufacturers are marketing foods that never had gluten as “gluten-free” to attract new customers.

Linda Fitzgerald has Celiac disease and shops at Arbor Farms. She said, “They were early adapters and I remember how grateful I was, six years ago, when, as a GF newbie, I discovered their commitment to providing as many gluten-free options as possible. Best of all were the green tags that made it so easy to identify GF foods in every department, without reading endless labels. Today, the choices are better than ever — and they’ve been very accommodating about special orders.”

Whole Foods Market has a history of offering GF products since the stores opened over 30 years ago in Texas. Whole Foods Market Cranbrook Marketing Director Susan Bellinson said, “In recent years, we have seen an increased interest in gluten-free foods from not only individuals with Celiac disease but also from people who are sensitive to gluten, or simply choose to avoid gluten in their diet. To address this increased interest, we are seeing more and more products in the store that are labeled as gluten-free.” A visit to Whole Foods Market’s website provides a variety of resources for someone interested in gluten-free food. Select a store location, and you can print a customized list of the gluten-free products at that particular store. The Whole Foods Market Cranbrook store has a 25-page list!

“We’re blessed in having so many grocery stores now offering GF options. But it’s made me realize, yet again, that we live in a bubble. Drive forty miles in any direction, and you’ll be amazed at how few stores or restaurants are aware of the Celiac problem — and willing to accommodate GF customers.”

—Linda Fitzgerald

Whole Foods website also contains tips about a gluten-free diet, including a list of foods that may have hidden sources of gluten. Bellinson added, “Customers can request a gluten-free tour of the store. Our shopping guru will lead groups or individuals through the store, pointing out gluten-free products, and sharing ideas about what to eat on a gluten-free diet. Samples and recipes are offered.”

Plum Market’s shelves also reflect the growing interest in gluten-free products. Grocery Team Leader Shannon Brydges said that recently there is lots of interest in the Paleo diet, which promotes eating lean meat, fruits, and vegetables and avoids cereals, legumes, dairy, and processed foods. The Ann Arbor store has had events with gluten-free products. Brydges said that those events help people who were previously skeptical about gluten-free food, and they learn it can taste good.

Gluten-free products are available at many stores in Ann Arbor, including Busch’s Fresh Food Market, Hiller’s Markets, Kroger, Meijer, People’s Food Co-op, and Trader Joe’s.

Gluten-Free Dining Means Asking the Right Questions

If you order from a vegetarian menu, you don’t expect to be served meat. So if you order a gluten-free item, you would expect that your food doesn’t include wheat, rye, or barley. Navigating a gluten-free diet isn’t always that straightforward. Melissa Pozenel and her kids eat gluten-free because of their gluten sensitivities, but since they also eat dairy-free, it can be quite challenging to eat out in restaurants. Kids menus at restaurants usually include chicken nuggets, grilled cheese, and hot dogs (which may have gluten as filler). Asian and Middle Eastern restaurants usually have options, like substituting rice noodles and holding the soy sauce. Pozenel’s experience has been that even restaurants that advertise “gluten-free food” don’t always understand what that is. When her family went to an Asian restaurant on the north side of Ann Arbor, the menu said “gluten-free” but the waitress didn’t know that soy sauce contains gluten.

...finding a delicious gluten-free bread was sort of like finding “the unicorn of the food world,” but Seva successfully conquered that challenge when they found Rudi’s Passion in Plymouth.

Stone also cautions about cross-contamination when gluten-free food is exposed to gluten in a kitchen. She said, “Also remember that unless a restaurant is entirely gluten-free, there is a ton of gluten floating around the kitchen. Depending on how ill you are and how critical it is for you to be absolutely, no holds barred GF, you want to know if there is a dedicated work area or dedicated GF utensils.” She added, “You should assume that cross-contamination is the norm in a restaurant. Depending on a person’s situation that could mean not eating in restaurants until your health is under control, or taking a specific kind of enzyme for a day or two after to help your body deal with the inflammatory response.”

Some of the reluctance to eat out for people who need to eat gluten-free can be attributed to safety concerns over the lack of education about cross-contamination. Fitzgerald said, “Eating out is like tiptoe-ing through a minefield.” As Ann Arbor restaurants expand their GF offerings, people who eat gluten-free pay special attention to the extra steps some restaurants take to accommodate gluten-free customers.

Natalie Park owns Coffee House Creamery with her husband, Talus. She eats 100 percent gluten-free and feels like the Ann Arbor community is more aware of GF needs (see the sidebar on the previous page about Coffee House Creamery).

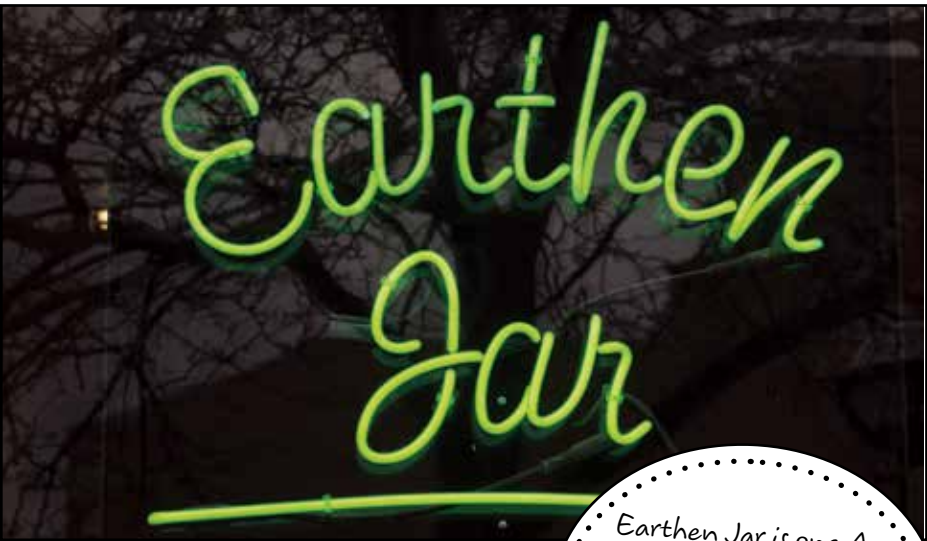
Stadium Market was one of the first places to offer gluten-free pizza and has added other gluten-free items like sandwiches to their menu. Other pizza places like Cottage Inn and Domino’s have started offering gluten-free options, but Domino’s website has lots of “fine print” about the gluten in their kitchens.

Seva has been Ann Arbor’s best-known vegetarian restaurant for 40 years. One of the unique features is an “answer book” that lists all of the ingredients in everything that Seva makes or purchases. The book allows patrons to read for themselves exactly what their food contains. Seva is part of the Gluten Free Restaurant Awareness Program (GFRAP) organized by Gluten Intolerance Group (GIG). GIG provides education manuals, training materials, consultation, and menu reviews to restaurants with the GFRAP designation.

Seva’s general manager, Hope Mleczo, says training is an important part of helping the staff avoid cross-contamination. The specials menu always includes one or more gluten-free options. There are a deep fryer and a toaster specifically for gluten-free food to avoid cross-contamination. In 2010, the restaurant added more GF items, and that continues to increase. Mleczo said finding a delicious gluten-free bread was sort of like finding “the unicorn of the food world,” but Seva successfully conquered that challenge when they found Rudi’s Passion in Plymouth. Mleczo said the bread “rises and is well textured.”

Tasty and Gluten-Free

When Julie Rabinovitz decided to start a gluten-free bakery, she thought Ann Arbor would be the perfect location. Her instincts proved true, and five years after starting her business, Tasty Bakery, she is filled with gratitude for her customers and their enthusiastic support. As someone with Celiac disease, Rabinovitz understands



Earthen Jar is one Ann Arbor business known for the extra care they take for their customers who are eating GF.

how gluten can impact your health. She has customers who thank her for providing foods they used to eat and thought they would never eat again. Tasty Bakery’s products are available in 13 locations in the Ann Arbor area. She said that their vegan products helped increase sales, because it is easy to find gluten-free products and easy to find vegan food, but it is hard to find items that are both vegan and gluten-free.

Rabinovitz’s goal from the start was to have a product that everyone will eat. In the early days of her business, she would give out samples at her booth at the Ann Arbor Farmers’ Market, winning over many people who thought food couldn’t be gluten-free and delicious.

If you’re going gluten-free by medical necessity or by choice, Ann Arbor offers many options for shopping and dining. Fitzgerald said, “We’re blessed in having so many grocery stores now offering GF options. But it’s made me realize, yet again, that we live in a bubble. Drive forty miles in any direction, and you’ll be amazed at how few stores or restaurants are aware of the Celiac problem — and willing to accommodate GF customers.”

Although awareness of gluten-free needs has increased, there are still challenges that people with gluten-free diets face every day. Stone said, “I think the bottom line is that you need to be proactive. And just assume it will take some time to become a more savvy GF consumer. Always trust your body. Just because you are satisfied that according to the label something is GF, if your body tells you differently after you’ve eaten it, trust yourself.”

GF in A2...Eating Out?

People trying to eat gluten-free have more and more options in Ann Arbor. Here is a partial list of some businesses known for the extra care they take for their customers who are eating GF.

Even if “gluten-free” is written on the menu, *always* check with your server to make sure your needs are communicated to the kitchen staff.

- Silvio’s Organic Pizza 715 North University
- Earthen Jar (Vegetarian/Vegan) 311 South Fifth Avenue
- The Original Cottage Inn 512 East William
- Seva (Vegetarian) Westgate Shopping Center, Jackson Road
- Stadium Market 1423 East Stadium Boulevard
- Zingerman’s Roadhouse 2501 Jackson Road
- Coffee House Creamery 3780 Jackson Road
- Lab Coffee 505 East Liberty, Suite 300 (serves items from Tasty Bakery)

Chain Restaurants with GF options:

- California Pizza Kitchen
- Chipotle
- Outback Steakhouse
- The Melting Pot
- Red Robin

Local GF Bakeries:

- Organic Bliss • www.organicblissmarket.com
- Rudi’s Passion in Plymouth • www.rudisbakery.com/organic
- Tasty Bakery • www.tastysansgluten.com



CONSCIOUS & TASTY
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The "Best of" GLUTEN FREE Ann Arbor

If the previous article (see on page 35) got you thinking about going gluten free, or even if your gluten days have long been behind you, you will find this list, carefully curated by Brandi Lyons, a very handy resource for seeking out the tastiest gluten-free dishes around town.

Article and Photos by Brandi Lyons

Best Gluten-Free Sunday Brunch:

Zingerman's Roadhouse — Carolina Gold Rice Grits & Bits Waffles. There is *no* way that the wheat waffles are better than these! Most waffle connoisseurs will find these to be the best waffles they've ever had.

Best Gluten-Free Game Day Food:

Stadium Market — Gluten-Free Signature Spinach Pizza. This is Ann Arbor's best kept secret; a low priced world class pizza. It's like they are single-handedly making up for all the injustices of going gluten free.

Best Gluten-Free Lunch Menu:

Zingerman's Deli — This is the place where a foodie goes to worship food. Almost any sandwich here can be made on the most luscious gluten-free bread ever. Top it off with a soft, rich Townie Brownie.

Best Gluten-Free Vegetarian:

Seva — The Grilled Pesto Pizza Sandwich is my favorite here when the Falafel Sliders aren't on special. Most things can be made vegan. Don't miss the Yam Fries and the Flourless Chocolate Cake.

Best Gluten-Free Date Night:

Lena — Plantain Tostones and Baked Goat Cheese appetizers, Beef Brisket Taco entrée, with Flan D'Caramel dessert. Also some of the best cocktails anywhere, and all in a romantic setting.

Best Gluten-Free Dinner for a Group:

The Melting Pot — A scrumptious multi-course fondue with quality gluten-free breads and cakes. Excellent for a group or with new acquaintances. It's fun and interactive with entertaining service. Save room for dessert.

Best Gluten-Free Latin Food:

Pilar's Tamales — Truly delectable and authentic Salvadoran cuisine with locally-grown ingredients served by the owner herself. Try a pupusa and a tamale (the best!) with fried plantains and rice pudding for dessert.

Best Gluten-Free Breakfast with Fancy Coffee:

SongBird Café — Rosemary Sea Salt Latte with new breakfast pastries, omelets, and sandwiches. It's counter service, so you can sit all day without cutting into your server's take-home pay. Also, don't forget the Farmer's Omelet at Fleetwood Diner, since omelets are a gluten-free staple.

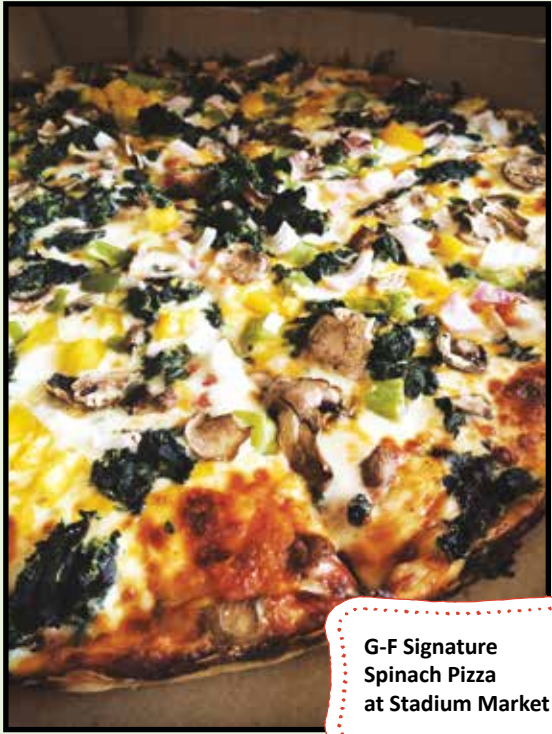
Best Gluten-Free Indian Food:

Curry On — The Uttapam is a fluffy, savory pancake with a variety of flavorings, sauces, and sides. Also try a Rose Faluda (a cold and sweet beverage) with basil seeds. Ann Arbor is blessed with an exquisite Indian food buffet called Earthen Jar, which has desserts like the Grasshopper Brookie.

Carolina Gold Rice
Grits & Bits Waffles
at Zingerman's
Roadhouse



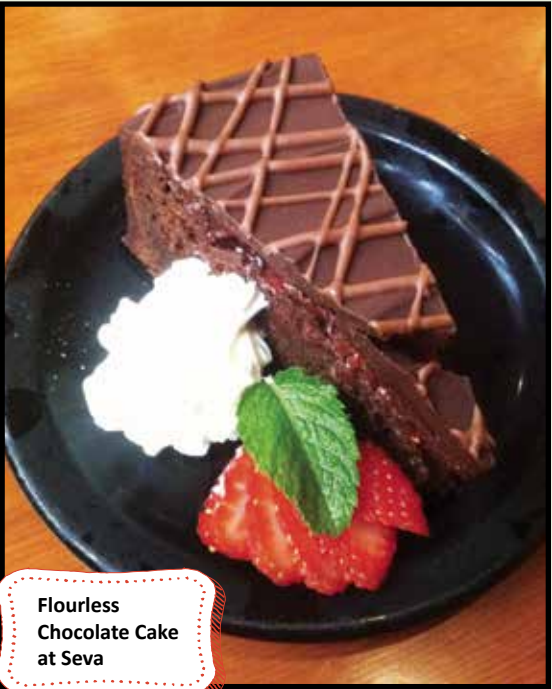
G-F Signature
Spinach Pizza
at Stadium Market



The Uttapam
at Curry On



Flourless
Chocolate Cake
at Seva



Tostones and
Tacos at Lena



Horchata Iced
Latte at Pilar's



Best Gluten-Free Breakfast on the Go:

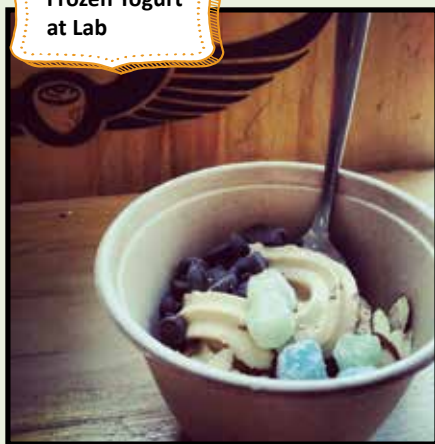
Roos Roast — The best thing about the tasty muffins and pastries here is their symbiosis with the coffee. They use the “long-pull” coffee method, which creates a sublime texture. Take a sip between each bite of your muffin.

Best Gluten-Free **Burger:**

Red Robin — The Royal Red Robin. Any burger can be made on a soft, sweet gluten-free bun. I find that burgers can be even more flavorful eaten with a fork and no bun. Casey's Tavern has many burger and salad options, as well as delightful staff that will surely make you become a regular.

Best Gluten-Free **Healthy and Local Food:**

Juicy Kitchen — Baked Eggs with Sunflower Toast and an Apple Walnut Muffin. Almost everything here can be made gluten-free, and it's such an adorable place. It feels so wholesome with counter service and a homey dining area.



Best Gluten-Free **Night on the Town:**

Aventura — The Paella here is fantastic! And it is huge; you'll be enjoying it for days after. And most of the menu here happens to be gluten free. Don't miss the Datiles con Chorizo appetizer.

Fastest Gluten-Free **Breakfast or Lunch:**

The Wafel Shop — Waffles for breakfast, lunch, and dinner alone or with company. These are a blank canvas for your wildest topping combinations. Walk down the block afterward for super creamy Frozen Yogurt with Mochi at Lab Coffee.

Best Gluten-Free **Snack:**

The Kerrytown Farmer's Market — “B Bars.” Healthy gluten-free snack bars that come in a variety of flavors. If you are of the belief that food should be thy medicine, this is the portable and convenient treat for you.

A Gluten-Free **American Dream:**

Washtenaw Dairy — Try Bear Claw and Mackinaw Island Fudge ice creams. For those of you recently gluten-free people still struggling to find the new “normal,” nothing is more cathartic than getting a huge two-scoop cup of ice cream and walking around this lovely neighborhood. (Most ice cream is gluten-free, but some flavors do contain wheat components. The best thing to do is read the ingredients list to identify the gluten-free flavors.)

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THE NEED (nourishing the body by its nutrition).

THE ANCIENT GRAINS ALL NATURAL FLAT BREAD made from 15 intact whole grains/seeds, 3 greens, 5 veggies, 4 nuts and a variety of herb and spices..



KATIE'S SURPRISE

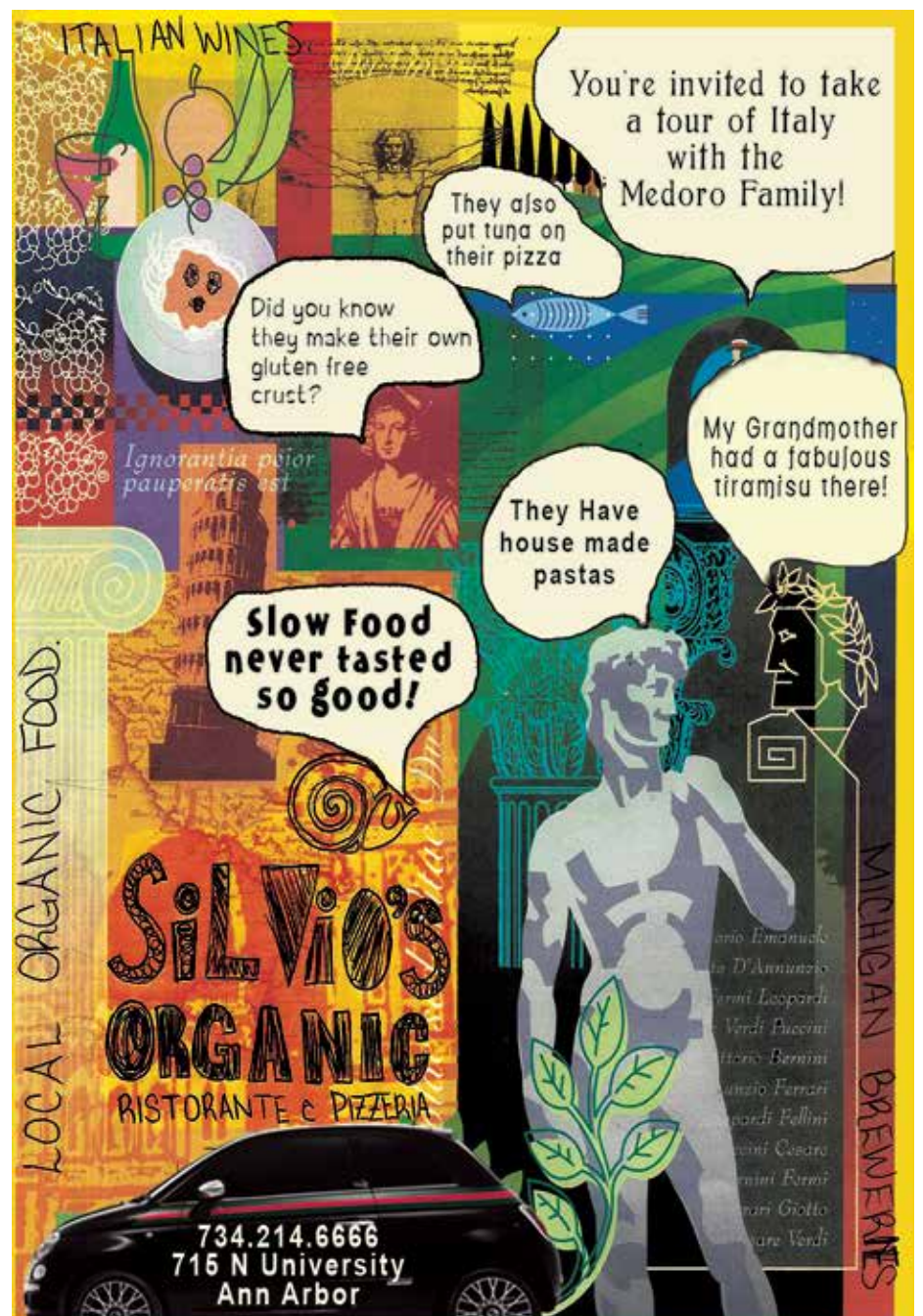
Five organic grains seasoned with green mangoes, almonds, walnuts, peanuts and blend of herbs and spices.



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A Few Favorite Herbs for Digestive Health



burdock root



dandelion leaves and root



plantain leaves and seeds



turmeric root

By Linda Diane Feldt

For more than 30 years, I’ve been asking clients about what they eat. People find it far easier, and even more natural, to talk about the foods they are trying to avoid than foods that are nourishing and health-building. Some people are completely stumped when asked what nourishing foods they enjoy. Eating and enjoying nourishing foods is a fundamental skill that is rarely taught, and not something we absorb from everyday conversations, internet searches, social media postings, or even from most health practitioners.

People find it far easier, and even more natural, to talk about the foods they are trying to avoid than foods that are nourishing and health-building.

What we put into our bodies, how we receive it, how we process the food and use the nutrients, and finally, how we excrete what is left are the simple elements that are part of digestive health. With limited space, I’m just touching briefly on the herbs I’ve found to be my favorite for digestive help over the last thirty-plus years.

Dandelion leaves and root, *Taraxacum officinale*

Dandelion has long been used for increasing enzymatic activity in the stomach. You can take 15 to 20 drops of the tincture before each meal in a bit of water. Dandelion also supports liver functioning, which is vital to digestion and assimilation of food. It is just one of the many bitter herbs that help with digestion.

Ginger root, *Zingiber officinale*

A strong decoction of ginger may have the most therapeutic value, but ginger in many forms (candy, juiced, as a cooking spice) can help soothe nausea and reduce inflammation system wide. You can make a decoction with about two inches of ginger root, thinly sliced or chopped, and simmered in about a quart of water with a lid for about 20 to 30 minutes. Add lemon and honey to taste. Strain and store the unused decoction for two to three days in the refrigerator.

Peppermint leaves, *Mentha piperita*

All of the mints can soothe the stomach and ease nausea and cramping, but peppermint seems to be the best. A mint tisane is made with about a tablespoon of fresh crushed leaves or a teaspoon of dried, steeped in hot water for 10 to 20 minutes. Candies and other preparations that contain peppermint oil can also be used, and even the smell of peppermint has been proven to decrease post-operative nausea.

Slippery Elm Bark powder, *Ulmus fulva*

Prepared from the bark of this common elm tree, this has been used to sooth intestinal distress including ulcerative colitis, Crohn’s disease, and irritable bowel syndrome. It tastes a bit malty, and about a tablespoon a day can help. Stir into juice or water, sprinkle on morning cereal, or combine with maple syrup for a sweet gruel.

Plantain leaves and seeds, *Plantago lanceolata*, *Plantago major*

Another soothing herb, plantain can help with canker sores or other irritations in the mouth. The soothing juice helps with esophageal burning. The seeds are used to make psyllium seed powder, which provides bulk to the stool and helps with constipation.

Burdock root, *Arctium lappa*

In addition to being a balancing and adaptive herb, burdock root contains inulin, which can help change the gut so that calcium and other minerals are better absorbed. That is why some yogurt companies are now including inulin in their yogurt.

Turmeric root, *Curcuma longa*

An all-round powerhouse of an herb, the anti-inflammatory qualities can be valuable for gut health. There have been positive studies showing its benefit for treating ulcerative colitis, and it may be useful in preventing colon cancer.

What we put into our bodies, how we receive it, how we process the food and use the nutrients, and finally, how we excrete what is left are the simple elements that are part of digestive health.

If you’ve done many internet searches or listened to common thinking about digestive health, you’ll notice that I haven’t included any cleansing, purifying, or detoxing herbs in this list. That’s because these measures are rarely needed. By nourishing the organs that provide continuous and natural detoxification, you are doing all that is normally needed. You have a brilliant body; nourish it, and you will do well. Fermented foods are probably critical for digestive help. See the resource list below for more information.

Ann Arbor now has dozens of fine herbalists from a number of herbal traditions. A consultation with someone trained in herbology could be helpful to find what herbs can be allies for you. Let your primary health care provider know what you are using and why.

Additional Resources:

Eating on the Wild Side by Jo Robinson
Spinach and Beyond: Loving Life and Dark Green Leafy Vegetables by Linda Diane Feldt
The Omnivore’s Dilemma; *Food Rules*; and other titles by Michael Pollan
Hope’s Edge by Francis Moore Lappe and Anna Lappe
The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes from Around the World by Sandor Ellix Katz

http://www.npr.org/blogs/health/2013/11/01/242361826/exploring-the-invisible-universe-that-lives-on-us-and-in-us?utm_content=socialflow&utm_campaign=nprfacebook&utm_source=npr&utm_medium=facebook

Linda Diane Feldt is a holistic health practitioner, teacher, and author of six print and eBooks (including in-progress publications) and numerous articles and websites. A student of the healing arts since 1973, she has had a full-time private practice in Ann Arbor since 1980, and is in her 21st year teaching the free Herbal Wisdom series, sponsored by The People’s Food Co-op. Linda can be contacted at ldf@lindadianefeldt.com.

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Eating Raw: A Brief Conversation on the Benefits and Challenges of Adopting a Raw Food Diet with Lisa Viger, author of *Easy Affordable Raw: How to Go Raw on \$10 a Day*

Lisa Viger is a vegan artist, author, blogger, photographer, naval gazer, and lover of the planet and all its inhabitants. She lives in rural Michigan, in a twisty house on a windy hill, nestled between a wild creek and a lazy berry patch, and she blogs weekly at Raw on \$10 a Day (or Less!) at www.rawon10.com.

Interview by Rachel Pastiva

Rachel Pastiva: How long have you been eating a raw food diet, and what inspired you to start?

Lisa Viger: I've been eating a high-raw diet for several years, after hearing about it in a raw food forum online. It made perfect sense to me. I'd also become an ethical vegan around the same time and have always been vegan and mostly high-raw ever since.
[Editor's note: a "high-raw" diet is generally classified as eating more raw food than cooked food, as opposed to a 100-percent raw diet, which means one only consumes food that has not been cooked at all, or food that has been heated to no higher than 118 degrees Fahrenheit.]

Rachel Pastiva: What are some of the challenges you faced when first adopting the diet?

Lisa Viger: Finding the exotic ingredients used in most raw food recipes has always been a challenge for me. I'm in a somewhat rural area with just one local grocery. The nearest Whole Foods is an hour away. So young coconuts were rarely an option. I've created the recipes on my blog and in my book using only ingredients from the produce department of my little, local grocery store. It's been more than enough to keep me satisfied as far as food choices. Except for occasional cacao that I buy online, I get everything I need there.

RP: What were some of the most dramatic changes to your health that you noticed upon changing your diet?

LV: The most dramatic and obvious change since going vegan and high-raw has been the drop in my cholesterol, which plummeted from 230 to 150 fairly quickly. In

addition to that, I feel better overall, and have more stamina, energy, and flexibility than I did in my 20s. I've just turned 50, and the majority of the time, I feel amazing. I use no medication, have no pains, sleep like a rock, and feel rested and happy. I'm always surprised when I hear of others my age, and even younger, who need drugs to control things like high cholesterol, type II diabetes, and things like that. Had I not changed my habits when I did, I would be like that now. I consider myself proof that genetics are not destiny and that changing lifestyle, diet, and habits can profoundly change your health (for better and for worse ... the choice is up to you!).

"I consider myself proof that genetics are not destiny and that changing lifestyle, diet, and habits can profoundly change your health."

RP: Did you face any criticism or concern from family and friends regarding your raw diet? If so, what were their concerns and how do they feel about your diet now?

LV: Oh sure, they thought I was nuts! Food, and especially how it relates to health, can be an emotional topic for many. We all like to think the way we eat, and how we feed others, is the best and the healthiest. When I became vegan, my family had concerns that I would get enough protein, which is a common but totally misplaced worry (all foods contain proteins and the amino acids used to create them). They're still not totally convinced, but they do see that my health and overall wellbeing is better than it's ever been.

RP: What is the most frequently asked question you receive from people transitioning to a raw diet, and how do you answer it?

LV: The most frequent comment I hear is, "I'd love to eat this way, but it's so expensive!" That's what inspired me to start my blog, Raw on \$10 a Day, and to write my new book, *Easy Affordable Raw* (Quarry Books, August 2014). It's true that fresh produce can be more expensive than boxed and highly processed foods, especially when looking at the cost per calorie. But I think fresh, plant foods are a health bargain overall and aren't nearly as expensive as we might assume.

My blog and my book are full of recipes that use ingredients commonly found in any local grocery.

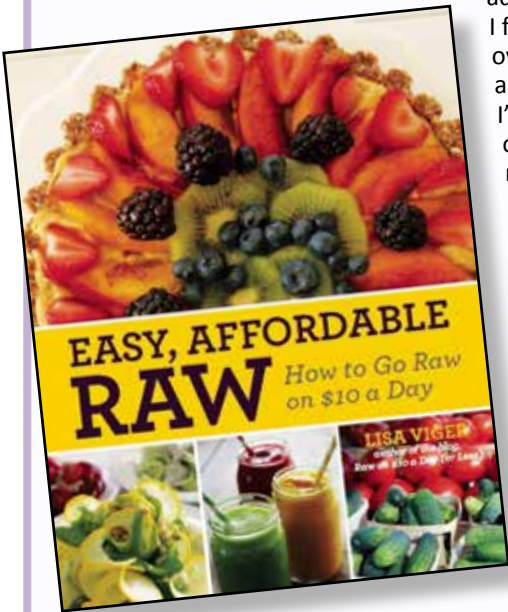
RP: What advice would you give to someone struggling to adopt a raw diet?

LV: My advice is to be easy on themselves. Reducing and eliminating animal products and increasing fresh, plant based foods is always a move in the right direction, whether it's for personal health, ethics, or sustainability. There is no "perfect" place you arrive at someday; it's all in the journey. "Do the best you can today and be happy" is probably the best way to go, whatever you're trying to accomplish. That and green smoothies. You can't go wrong with green smoothies!

Lisa Viger will be appearing in the Crazy Wisdom Tea Room at 7 p.m. on Tuesday, November 18 to give a talk about her new book *Easy Affordable Raw: How to Go Raw on \$10 a Day*, available now at Crazy Wisdom Bookstore. Lisa can be contacted at lisaviger@aol.com.



"Food, and especially how it relates to health, can be an emotional topic for many. We all like to think the way we eat, and how we feed others, is the best and the healthiest."



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- C.S. Lewis

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Great Local Food and Restaurants



By Crysta Coburn

A Town Favorite — Café Verde

Next to the main entrance of the Ann Arbor Food Co-op, on the corner of Fourth Avenue and Ann Street, is the door to Café Verde, a fun little café attached to the Co-op that serves coffee (including lattes, cappuccinos, espressos, and more), tea (they make an excellent chai latte), as well as juices and smoothies, and everything is fair trade.



A favorite of Ann Arborites, Cafe Verde undoubtedly has the best salad bar in town! The Cafe now also serves “Choffy,” a coffee-like beverage that is made by dripping hot water through ground cacao beans (rather than coffee beans). A cup of this unique brew provides you with the energy of coffee, as well as the superfood benefits of antioxidant-rich cacao.

In the back is the food bar and deli where you can design your own salad and pick up a changing array of hot food items, like pancakes, frittatas, grits or polenta for breakfast, chicken and pasta and vegetable stir-fry for lunch and dinner, and a choice of two or three very tasty soups. (The soup menu also changes regularly, so check the website if you’d like to plan ahead and snag your favorite.) They always have freshly

steamed kale or spinach, and their food is nicely prepared and scrumptious. The Food Co-op’s salad bar is, simply speaking, the very best salad bar in town — beautiful and fresh and organic vegetables, and other delicious ingredients. Celery, carrots, cucumbers, green and black olives, soybeans, peas, corn, radishes, parsley, spinach, mixed greens, feta cheese, tofu, lentils, beets, hard-boiled eggs, raisins, sesame sticks, croutons, pumpkin and sunflower seeds, peanuts, other shredded cheeses, and other daily treats. There is no other salad bar in town that compares with this one, and the steady flow of customers all day, every day, eating Café Verde’s salads is a testament to just how great it is, and how appreciated it is. Well done, Food Coop!!

If you are super short on time, as I often am, there is an extensive selection of on-site, pre-made salads and sandwiches, as well as a wide range of snacks. I picked up a fresh chopped chicken and cranberry salad sandwich, a bag of gluten and trans fat free Pirate’s Booty (puffed rice and corn), and a bottle of Honest Tea for under 10 dollars. Not only did I come away with a delicious lunch that I felt good about eating, but because I retrieved it so quickly, I had plenty of time to eat and enjoy it before heading back to work. The central location, sandwiched between Kerrytown and Downtown, makes this café very convenient for local businesspeople who are looking for a more healthful and satisfying lunch that is both quick and inexpensive.

The café counter offers a lovely sampling of paninis, pastries (with vegan options, of course), as well as coffees and teas. They also serve Choffy — a coffee-like beverage that is made by dripping hot water through ground cacao beans (rather than coffee beans). Choffy is *not* chocolate coffee, as the name may imply, and is *definitely* not hot chocolate. It looks like black tea and smells deliciously like dark chocolate. The barista described Choffy to me as bitter like tea. I have never found tea to be bitter (and that’s not because I add cream and sugar — I never do), so this was not an apt analogy for me.

Choffy tastes like dark chocolate, though it has the watery consistency of tea and coffee. Since milk chocolate is more my game, I added a few tablespoons of half and half, and I found it went down more smoothly. I would think that anyone who drinks her coffee black probably wouldn’t need to add cream or sugar. My boyfriend, an avid coffee drinker of longstanding, found the Choffy to be far too bitter, even with the cream, so I added two spoonfuls of sugar to his mug. Perhaps it really is the tea fanatics, then, who won’t find Choffy to be bitter. (Or people who really love dark chocolate. Remember, this is water dripped through pure cacao.)

If you are in the area, and don’t already eat there, do stop into Café Verde and check it out. Enjoy your meal cozily inside or outdoors to enjoy the sunshine at one of the many open seating tables and benches for public use. There is something for everyone.

Located at 214 N. Fourth Avenue, Café Verde is open Monday through Saturday from 7 a.m. to 9:30 p.m., and Sundays from 9 a.m. to 8 p.m. The salad bar and soups are available from 9 a.m. to 8 p.m. daily. The hot bar is maintained from 11 a.m. to 8 p.m. weekdays, and 9 a.m. to 2 p.m. during the weekend.

The Brinery: Mastering the Art of Fermentation

There is no doubt that the Kerrytown Farmers’ Market in Ann Arbor is busy and bustling. Each row is packed with farm-fresh meat and produce, newly baked bread, flowers, and more! If you walk around the outside edge of the crowds, however, you may see something new. Ever tried a cool, refreshing bottle of kvass?

Made up of fermented beet juice, water, and sea salt, the Brinery’s Heart Beet Kvass is similar to kombucha. Traditionally, most kvass is made from dark breads like rye. By making it with superfood beets, a less common traditional variety, the Brinery adds that vegetable’s unique health benefits. Beets have long been prized by folk healers as liver cleaners and cancer fighters. It’s true that beets are high in manganese, folate, and many more vitamins and minerals. The health benefits of fermentation are also often bandied about, making the Heart Beet Kvass a two-for-one healthful beverage.

Personally, I find Heart Beet to be a pleasant sipping beverage, like drinking vinegars, but my boyfriend, who tried it with me, did not agree. “It tastes like drinking a pickle!” he exclaimed. Yes, actually, it does. It is made from fermented beets, after all. I have friends who drink pickle juice from the jar (sometimes leaving the pickles high and dry), so I imagine they would like this kvass very much. Beets are sweeter than dill pickles, though, so Heart Beet is not really tart.



It’s worth trying the Brinery’s products (like the Heart Beet Kvass, pictured above), if not for the taste, for your health! As explained on their website, the Brinery team “maintains ... a commitment to lactobacillus as a direct path to digestive enlightenment and great health.”

Pickled beet juice isn't all the Brinery offers. Whether you stop by their table in the market or pop into health food stores all over the state (I picked up a bottle of Kvass and sauerkraut at the People's Food Co-op in Ann Arbor), you can find Dilly Dally Pickles, Oh Gee Kimchi, Firefly Sauerkraut (it's spicy), and so much more, many with cute or punny names.

If you like garlic — and I mean *really* like garlic — try the Dyer Family Farm Garlic Sauerkraut. I have eaten sautéed garlic, raw garlic, and pickled garlic. None of these comes close to the awesome garlic power of this sauerkraut. It is not garlic flavored — it is garlic infused. I took some with me to work and within an hour, the fridge smelled of garlic. (Sorry, everyone. Or you're welcome, if you are a garlic lover like me.)

If you aren't an avid farmers' market goer, don't feel left out. As I mentioned above, you can also find some of the Brinery's offerings at food co-ops and health food stores all over Michigan, select stores in Illinois and Wisconsin, and even Culver City, California (by far the farthest location). For a complete list, check the website. You may also order online. (Though the online store may say they are out of something that, say, the People's Food Co-op has in stock, like my garlic sauerkraut.) This is a dynamic and expanding business that I, for one, will be keeping an eye on. I invite you to join in on the fun.

The Brinery is currently working on obtaining its own store front and is operating out of the Washtenaw County Food Hub. If you'd like to visit, email orders@thebrinery.com to set up an appointment. You may shop online at thebrinery.com or find a near-by store or market that carries The Brinery's goods at thebrinery.com/findus/.

###

In the mood
to stay in?
Here's a
recipe to try!

Vegetarian Japanese Curry

Submitted by Crysta Coburn

INGREDIENTS:

- 2 tablespoons of olive oil
- 1 eggplant
- 1 yellow pepper
- 1 onion
- 1 clove of garlic
- ¼ lb. Japanese curry roux
- 3 cups of water
- salt and pepper to taste

Slice the eggplant, yellow pepper, and onion into bite-sized pieces. Chop the garlic.

Heat the olive oil in a pan and saute the eggplant, yellow pepper, onion, and garlic. Salt and pepper to taste.

Add the water to the pan of vegetables and simmer for 15 minutes.

Add the curry roux and stir lightly. Cook an additional 3 to 5 minutes until well blended.

Serve with rice or ramen noodles.



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Sustainable Health



Taking Control of Your



By Shannon Roznay

The word “hormone” gets used a lot, both by the medical profession and by women or men struggling with a variety of health issues — fatigue, mood swings, slow metabolism, and menopausal symptoms, to name a few. I commonly hear, “My hormones are the cause of this.” However, I don’t think most people understand what hormones really are or why so many of us are struggling with problems that seem to be related to an imbalance in our hormonal systems.



Hormone imbalances can cause a variety of issues, such as fatigue, depression, weight gain, digestive problems, osteoporosis, headaches — the list is endless.

Hormones are chemicals that are produced in specific parts of the body called glands and that travel through the bloodstream to other areas of the body to cause a process to speed up or to slow down. They are responsible for almost every bodily process, including emotional responses, digestion, sleep, growth, and repair. Hormonal organs, also referred to as endocrine organs, essentially use these hormones to communicate changes to one another. Examples of endocrine organs include the thyroid gland, adrenal glands, and ovaries. A balance must occur between the different hormone levels in order to keep your body running well.



Hormone imbalances can cause a variety of issues, such as fatigue, depression, weight gain, digestive problems, osteoporosis, headaches — the list is endless. There are multiple things in our environment and in our food supply that can unbalance hormones, causing a shift that can lead to these unsavory symptoms and that can eventually contribute to an overall decline in health. However, there are a few tips you can follow to help improve your vitality and correct stress on the hormonal system, without having to turn to pharmaceutical intervention.

One of the things that can cause a major unbalancing of hormones is sugar consumption. Sugary drinks and desserts are a daily part of most people’s diets, and they are also the most detrimental to overall health and wellbeing. Sugar causes your body to release insulin, and insulin is a hormone. When one hormone amount goes up, the levels of hormones like estrogen, testosterone, and cortisol must change to maintain a balance in your systems. Now, this “balance” is not ideal, but it keeps you alive. Unfortunately, it also causes the unsavory symptoms I mentioned earlier and that we often associate with aging, PMS, or menopause (or in men, it’s called andropause).

Sugary drinks and desserts are a daily part of most people’s diets, and they are also the most detrimental to overall health and wellbeing.

The good news is that by reducing your sugar consumption, you can restore order to the hormonal system. By reducing sugar levels, you will reduce insulin levels, and your body will readjust and rebalance in a more favorable way. But sugar cravings are actually a sign of hormone imbalance, and they can make quitting a cookie or

soda pop habit that much more difficult. So how can you eat less if you crave it all the time? Gradually cutting back over a period of weeks will allow your body to adjust to the change and your sugar cravings will improve, too.



Good quality fats can also be very helpful in reducing sugar cravings and balancing your hormonal system. Cholesterol is used by your body to manufacture hormones, so a low-fat diet can actually be detrimental to your efforts to lose weight and speed your metabolism. Quality fats found in nuts, avocados, fish, organic chicken, high quality eggs, grass-fed beef, butter, and coconut oil should all be incorporated into your diet to support function and alleviate fatigue and stress in your hormonal system. Choosing organic foods will also help to reduce your exposure to pesticides and herbicides, many of which are endocrine disruptors and will cause additional issues with your hormonal system.

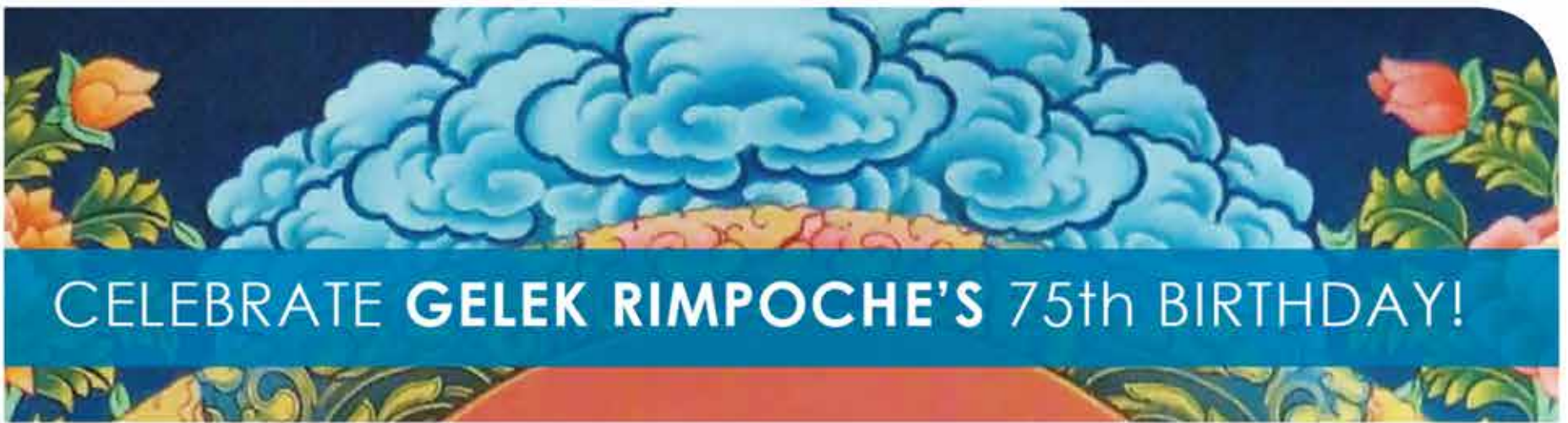
Cholesterol is used by your body to manufacture hormones, so a low-fat diet can actually be detrimental to your efforts to lose weight and speed your metabolism.

Eating frequently and including protein along with fats and vegetables can also help to reduce sugar cravings and balance your hormones and mood. Skipping meals will always lead to cravings later in the day (or even the next day), and roller-coastering blood sugar leads to an imbalance in insulin and other hormones. Many of the same foods that contain good fat are also good protein sources.

These changes to diet and lifestyle have been proven time and again with my patients to help alleviate the negative health problems that result from an imbalance in the body’s hormone levels. When these symptoms arise, it is common to feel overwhelmed or hopeless. By implementing the changes I’ve outlined here, you can expect positive improvements in energy, mood, and weight. These changes will happen gradually, and every person heals at a different rate, but any enhancement to your lifestyle will create a positive change. Stick with it! Constantly improving the quality of your food and working on ways to avoid sugars are the best ways I have ever found to take back control of your health.

Shannon Roznay is a chiropractor, Nutrition Response Testing expert, and the owner of Thrive! Wellness Center, which is located in Saline. For seven years, she has been teaching both basic and advanced levels of training for Nutrition Response Testing at seminars across the country. Her students include chiropractors, acupuncturists, medical doctors, and nurses. She regularly holds free educational workshops at Thrive! For more information, contact (734) 470-6766 or visit her website: www.thrive-wellness-center.com.





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The Dispute Resolution Center: A Civil Route to Justice

By Rachel Urist
Photos By Susan Ayer

The Dispute Resolution Center’s many testimonials include the following:

“The mediator was exceptional. She gave me ample opportunity to express my concerns, hopes, and fears and yet still kept the discussion focused on the topic at hand.”

“The process was calm, in a safe environment, it led to resolution. It beats going to court!”

“The most helpful aspects of the mediation process were identifying the issues — finally! — and no one walked away when a party got angry.”

“I felt like I was heard and that I don’t have unreasonable expectations. The mediator took time to understand both sides.”

“It was good to achieve agreement without a court battle.”

People go to the Dispute Resolution Center (DRC) to resolve conflicts. Before the DRC existed, people went to court. Showdowns were inevitable. They could be unpleasant for one or both parties. Today, disputants sit together in the neutral and pleasant surroundings of the DRC offices, where a mediator joins them. They sift through the issues, brainstorm to find solutions, and usually resolve the cases. The success rate is 68 percent. That is a statistically significant number.

“The most helpful aspects of the mediation process were identifying the issues — finally! — and no one walked away when a party got angry.”

The DRC’s small suite of offices is in the Washtenaw County Service Center, the building complex on Washtenaw Avenue and Hogback Road. Belinda Dulin is the DRC’s executive director. Sage and articulate, she has a master’s degree in conflict resolution from Wayne State University and has been at the helm of the DRC for ten years. When I met with her, she was joined by her former colleague, Margaret Rohr, then the mediation services coordinator for school-based programs. Rohr has a master’s in social work and considerable experience in special education. Both women were involved in conflict resolution before coming to the DRC, but Rohr said that her mediation skills were sharpened after arriving at the DRC in 2008. “The training I received there was better than any I received elsewhere,” she said, and added: “I learned from Belinda that conflict is a fact of life. It just is. But we can manage it. This was a new way of thinking for me.”

The DRC was established in 1983 by a group of lawyers who sought extra-judicial means of resolving disputes. While several of the DRC board members are attorneys, most of the Center’s volunteer mediators are lay professionals who have taken the DRC’s intensive training course in mediation. Judges are enthusiastic about the Center’s work. “It makes our job so much easier!” said one. In 1993, the DRC was subsumed by the State Supreme Court, and in September 2012, the Center moved into its present home.

Since the DRC was established, judges see significantly fewer disputes in court. Mediation has become the course of choice, and judges often refer litigants to the DRC before allowing their cases to be argued in court. When mediation is not successful and disputants end up in court, they are less likely to arrive with the attitude that typifies first-time clients at the DRC. That attitude is: “I’m right, you’re wrong.”

Dulin explained that the goal of mediation is to shift aggrieved parties’ thinking from “What do I want?” to “What do I need?” She spoke of feeling “magic in the air” when people hear, perhaps for the first time, what the other person needs. When that magic occurs, people begin to engage in dialogue en route to resolution. “Sometimes,” said Dulin, “a solution suggested by disputants will make no sense to the mediator, but it satisfies the parties.” The mediation process is empowering. Agreements are generated by the disputing parties. Court outcomes, by contrast, are imposed by a judge, or some other outside adjudicator. Agreements reached at the DRC are legally binding. Any violation may be deemed a breach of contract.

There is an art to mediating well, and the DRC staff works hard to match clients with mediators. Individual temperaments are factored in, along with specific areas of professional expertise and the duration and origins of the conflicts. The successful mediator will deescalate the tensions by using non-emotional language. Dulin



Belinda Dulin

[Dulin] spoke of feeling “magic in the air” when people hear, perhaps for the first time, what the other person needs. When that magic occurs, people begin to engage in dialogue en route to resolution.

explained: “When people are emotional and their rhetoric fiery, they can’t conduct a dialogue, let alone build trust.” Many disputes have simmered for weeks, months, even years, before arriving at the DRC. If a party starts out saying, “My neighbor is crazy,” the mediator encourages the complainant to reframe the picture. It is far more helpful to say, for instance, “I’m really frustrated with my neighbor” than to engage in dismissive name-calling. Many disputes often turn out to be the results of miscommunication or simple misunderstandings. When parties allow themselves to calm down, listen, and reflect on what they hear, when they learn to talk to each other, each finally appreciates that the other may have a legitimate grievance, too. Only then can they begin to move toward resolution.

The Center mediates over six hundred cases per year. It stipulates that it will not entertain disputes that involve threats or violence; nor will it address situations involving drug or alcohol abuse or mental illness. Most disputes that reach the Center fall into three distinct categories: family, civil, and school. Within those categories, case issues span a wide continuum. Among them are divorce or separation; conflicts between parents and teens; estate matters; disagreements generated by race, gender, or ethnicity; tensions between neighbors or renters and landlords; or problems in the workplace.

Since the DRC was established, judges see significantly fewer disputes in court. Mediation has become the course of choice, and judges often refer litigants to the DRC before allowing their cases to be argued in court.

When it comes to school cases, one might guess that most involve student misbehavior. But many of the disputes involve issues of attendance, and among the “truants” are children who were absent because they were looking after a family member. In other words, children have been punished for behaving responsibly! In other cases, the absent child was homeless or had nothing to eat all day. Until these cases came to mediation and officials learned of the circumstances, misapprehensions prevailed, and the problems could not be addressed properly.

Despite mediation’s fine track record, many people come to the table grudgingly. According to Dulin, most people approach conflict with a win-lose mentality, as they might approach a fight. Curiously, in a successful mediation, everyone feels like a winner. In 2012, of the 656 cases that came through the DRC, 332 reached resolution. Mediators approach each case ready to facilitate dialogue. They remain neutral and non-judgmental. They help the parties identify problems and prioritize the issues. During the mediation process, people often discover that they have begun to model themselves on the mediator. They soften their language. When they begin to hear each other, when they find themselves devising solutions, they are ready to seek common ground.

The volunteer mediators who serve the Center number one hundred, more or less. They are lawyers, psychologists, social workers, accountants, and conscientious citizens of all stripes. All mediators are required to have passed the Center’s intensive training course. The Center’s paid staff numbers seven, including Dulin. At present, all are women. The staff works hard to match mediators with clients, factoring in



Keely Kaleski

“They can leave an entrenched position without losing face.”
–Belinda Dulin, executive director of the DRC, regarding teens in mediation

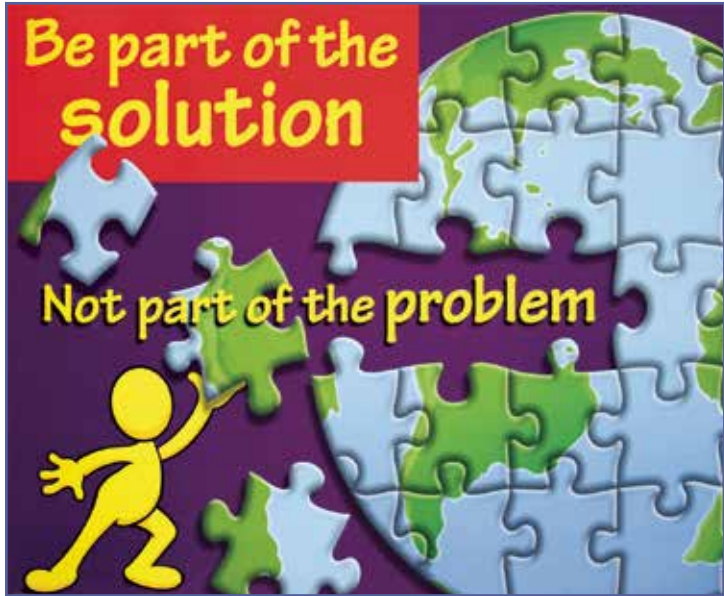
personalities, areas of expertise, and scheduling. The DRC is a nonprofit, 501(c)(3), and serves every demographic. It is funded by the State Court Administrative Office, community foundation grants, contract services, and private donors.

Zena Zumeta, a local attorney, has been a private practice mediator for over 25 years. She has long been part of the DRC’s team of volunteers and is a highly regarded trainer in DRC’s intensive, forty-hour training seminar. Asked for sample conflicts from her years with the DRC, she demurred, citing confidentiality. She simply said: “The Center does good work.” One gets a fair sense of her style by watching her sample mediator training videos online. If the inviting warmth of her smile, her lucid way of speaking, and her psychological acuity are reliable measures, one recognizes her native talent for this occupation. It is telling that her email signature includes words composed by Anaïs Nin: “We don’t see things as they are, we see them as we are.”

Zumeta was one of Mike Fried’s instructors in the DRC’s training course. Fried, a current volunteer mediator and former DRC board member, had also undergone Harvard’s highly regarded, week-long, intensive “PIL” course. He said that the DRC’s training was better. (PIL stands for Program of Instruction for Lawyers. One need not be a lawyer to enroll.)

In 2012, the DRC broadened its impact by introducing mediation to the schools. The program is called Peer Mediation, or Restorative Justice. Ypsilanti High was the program’s pilot school. The Center trained 22 Ypsi High teens to be mediators. At the time of this writing, 14 out of the 15 cases brought to peer mediation achieved resolution. Rohr pointed out that kids self-refer. They often end a mediation session saying: “We’re not friends, but we won’t bother each other.”

Since 2012, the Center has partnered with Ypsilanti Community High School to develop a peer mediation program and provide conflict resolution services in a room



The Center trained 22 Ypsi High teens to be mediators. At the time of this writing, 14 out of the 15 cases brought to peer mediation achieved resolution.

called the Restorative Center. The DRC was invited back to what is now Ypsilanti Community High School, formed as a result of the merger between the Ypsilanti and Willow Run Community School Districts, to continue the work Dulin and Rohr started.

Margaret Rohr’s replacement, Keely Kaleski, now coordinates the Center’s school-based programs. She is at the school every day. With the help of DRC volunteers, Kaleski facilitates restorative circles and orchestrates conferences modeled after Native American peacemaking traditions.

Through peer mediation, parents benefit, too. Students are urged to think about personal relationships, including teacher-student, parent-child, and those within the student body. Students learn that their behavior has a ripple effect throughout the school community. The emphasis is no longer punishment, but responsibility. Rather than expel the wrongdoer, that student must consider the ramifications of his or her actions.

If class was interrupted, can the work be made up? If other students were harmed — academically, emotionally, or physically — how can the harm be repaired? Is an apology enough? Are additional measures indicated? If a student was suspended and his or her parents had to come to school resulting in the parents losing half a day’s pay, who makes restitution? The old school practice of suspending the student only compounded the problem. Banished students tend to brood over the injustice visited upon them, which is a recipe for disaster. In a system of restorative justice, students learn to take responsibility. In Dulin’s words, “They can leave an entrenched position without losing face.”

“We can’t do things the same way and expect different results,” said Justin Jennings, principal of Ypsilanti Community High School. “We need kids who have empathy and care. It doesn’t matter whether they’re black or white. The kids need to hear that we love them.”

Through restorative justice, teens learn that they can recover from a misstep. They will not be ostracized. They learn to adopt new behaviors when facing difficulties, and discover that to be assertive one does not need to be rude or violent.

Alexis Boyden, assistant principal of Ypsilanti Community High School, sees the value of restorative justice. “It’s just the beginning,” she said. “We’re evolving into a community where students are more thoughtful in their actions to create a safe learning environment and solve problems.”

...Through restorative justice, teens learn that they can recover from a misstep. They will not be ostracized. They learn to adopt new behaviors when facing difficulties, and they discover that to be assertive one does not need to be rude or violent.

Susan Contratto, a clinical psychologist, DRC board member, and volunteer mediator, is a great advocate of restorative justice. Contratto pointed out that schools that have implemented a system of restorative justice have experienced statistically significant reductions in bullying and school violence. At Ypsi High, there is an open-door policy at the Restorative Center. Students drop in throughout the day to say hello, talk about something that’s bothering them, ask for help with a project, and boast that their grades have improved.

The Dispute Resolution Center’s staff and volunteers are in accord about the benefits of peer mediation, a practice that is increasingly prevalent in schools across the nation. Most of the people involved in mediation, including educators, are convinced that a system of restorative justice should be part of the elementary and middle schools too. Confidentiality creates trust and is one of the ground rules adults and students agree to. No one has to worry that someone will go out in the community and talk about it. They feel safe.

We all want to be safe, and be at peace with the people in our lives. Dulin, her staff, DRC volunteers, and other people in the community are working with Trial Court Judge Timothy Connors to implement a Peacemaking Court in Washtenaw County. It’s the first court in the country to include peacemaking circles as an alternative to the current system where a person appearing in court is either guilty or not guilty.

“We’re all equals,” said Connors. “The court should be a part of a circle, not dictate from the top. We’re on a journey and learning how to make space for this healthy, healing, and respectful way of justice.”

In February, Connors invited Dulin and DRC staff and volunteers to participate in Peacemaking Court training. Their teachers included tribal Chief Judge Michael Petoskey, Tribal Councilor JoAnne Gasco, and Peacemaker Paul Raphael of the Grand Traverse Band of Ottawa and Chippewa Indians; and Kay Pranis, an author and national leader in peacemaking circles.

“This is new for us, to work with the court in this way,” said Dulin. “It expands our ability to serve the community better. We know that peacemaking circles transform people. Circles are inclusive and create a safe space for people to have honest, difficult conversations, and work together to make things right.”

For more information about the Dispute Resolution Center, including how to participate in their services and training, visit www.thedisputeresolutioncenter.org.



For thousands of years, the Camino de Santiago, or the Way of St. James, has been walked by conscious travelers of all kinds. In the Middle Ages, devout Christians traversed the Way as a religious pilgrimage. Today, trekkers set out on the journey for a variety of reasons, whether it's to seek enlightenment, a sense of adventure, or solace from the bustle of modern life. Pilgrims can choose to walk any number of routes that stretch across Europe and lead to Santiago de Compostela in northwestern Spain, where according to tradition, the remains of St. James are buried. The most popular route, the Camino Francés, stretches about 500 miles. Pilgrims often walk 12 to 15 miles a day, and, at this pace, can reach Santiago de Compostela in about 6 to 8 weeks.

The travelers in the stories that follow — Izabela Jaworska, a professional dancer and instructor, and Scott Carter, an artist, documentary filmmaker, and yoga instructor — recently paused their daily lives to traverse the landscapes, villages, countryside, and at times challenging terrain of the Way. While their journeys were very different, both of them returned to Michigan having derived something invaluable from the experience.

San Slomovits Interviews Izabela Jaworska, Professional Dancer, on Walking the Way of St. James

Inspired by Bonvallet’s efforts on behalf of the Foundation, Jaworska also organized two charity balls at the Dance Pavilion in Ypsilanti, where she teaches ballroom dance full time. And she began training for El Camino. She was already fit from her many years of dance and yoga. But even dancing the strenuous Viennese Waltz, or the Quickstep for two or three minutes at a time, does not prepare you for El Camino. “Walking is different from dancing,” said Jaworska. “There’s the shoes, the backpack, and it’s not one day. One day is easy. But to wake up and do it the next day, and the next, that’s the challenge, and that’s the mental challenge also.”

Since the Middle Ages, devout Christians have made the pilgrimage from St. Jean Pied De Porte to the Cathedral of Santiago de Compostela in Galicia primarily for religious reasons, and that still is the case for many. But these days, there are as numerous reasons to walk El Camino as there are pilgrims walking it. Jaworska, who was born in Poland, spoke and wrote about this before her trip:

I was raised in a Catholic country, but my family never had a traditional church regularity, but I am definitely a spiritual person. I like believing that there is something there that protects me, that guides me, that I can talk to. The main reason we’re walking is that we’re trying to raise money for the charity, but behind all of that, I’m sure there are those questions about life that we all have. I’ve read that people often take this trip when they’re in a transition moment, perhaps when something’s just finished, or something is about to start, and they want to clear their minds. They say that when they come back, their brain is so clear and sharp and they have so many inspirational ideas for what they want to do. And, of course, I am so happy I can do this with Sidney. She’s an amazing woman, and to be with her for so many days, I think I can only benefit from it.

As a world-class dancer, Jaworska is no stranger to traveling. With her former competitive partner Robert Kubis, she’s danced in numerous international

competitions, receiving many honors, including being chosen as one of the Polish National 10-Dance Championship finalists, representing Poland on the BBC program “Come Dancing”; winning almost every Rising Star title in the United States; and being chosen four-time semi-finalists at the U.S. National Dance Championships. At the age of 30, she moved from her native Poland to England, and then a few years later, immigrated to the United States. She’s lived in Michigan since 1997. But all her previous travels have been by planes, trains, busses, and cars. And while she does remember hiking in the Polish mountains as a teenager, it was under pretty different circumstances than her El Camino pilgrimage. “When I think of the equipment we had then, it was just like a sack of material behind me. Regular shoes, pretty much like sneakers, that’s how we were walking. I remember having blisters of course, but when you’re young, you take those things totally differently.”

Continued on page 50

In May and June, Jaworska walked El Camino de Santiago, or the Way of St. James, crossing 500 miles through southern France and northern Spain, and not an inch of it on a dance floor.



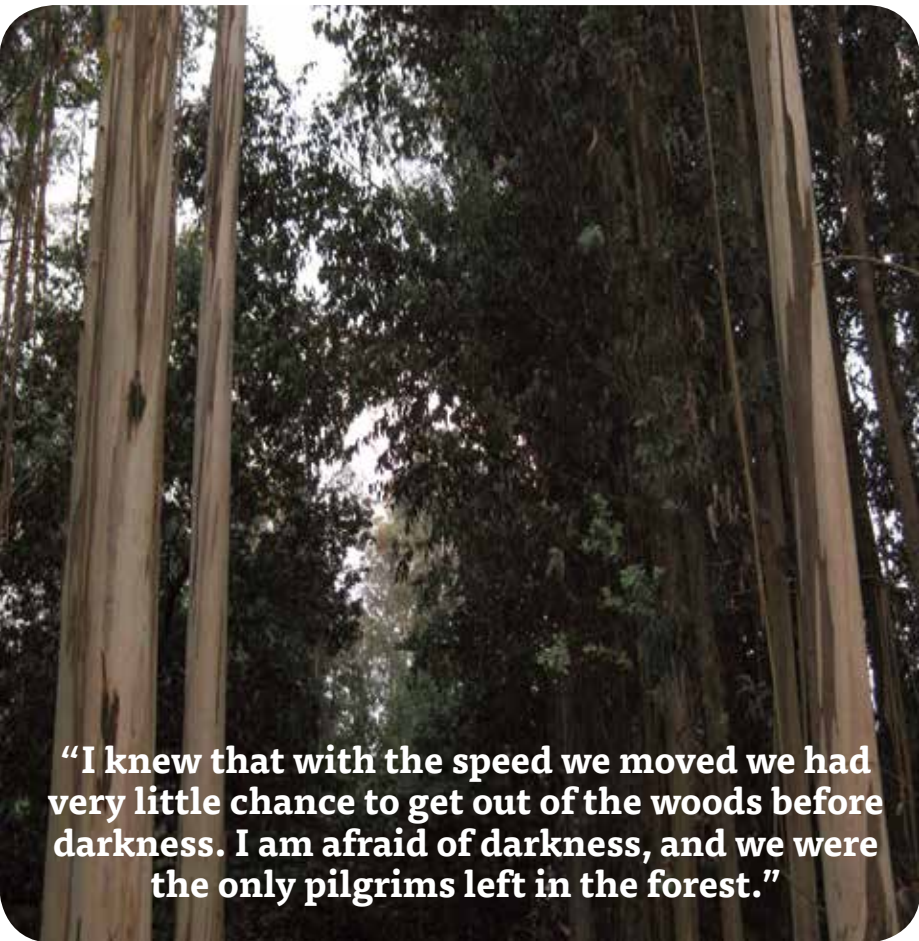
By San Slomovits

For much of her life, Izabela Jaworska’s most frequent travels have taken her on two, three-minute counterclockwise circles around the hardwood dance floors of ballrooms all over Europe and Asia and throughout the United States. For 40 years, she’s danced to a great variety of beautiful, stirring music, following intricate and elaborate choreography; her most common footwear has been dance shoes; her clothes have often been the elegant, even stunning dresses and gowns she’s worn in dance competitions; and her dance partners have been, mostly, young, tall, and graceful men.

But for six weeks this spring, all of that changed. In May and June, Jaworska walked El Camino de Santiago, or the Way of St. James, crossing 500 miles through southern France and northern Spain, and not an inch of it on a dance floor. Nor was there any familiar music accompanying and guiding her steps. The soundtrack of El Camino is a rich mélange of the ever-changing sounds of nature, the occasional cacophony of city noises, and periods of deep silence. Instead of the wide varieties of complex footwork she’s practiced all her life, she employed the most basic form of human locomotion — walking — one foot in front of the other, over and over, and monotonously over. For the trip, Jaworska temporarily retired her dance shoes and broke in hiking boots. She wore and carried only the most utilitarian clothes and a minimum of essentials on her back. And her partner for the grueling walk was a 74-year-old woman whom she’s known for less than two years.

When Bonvallet mentioned that she was planning to walk El Camino to raise awareness and money for Helping Hands Touching Hearts, her 501c3 charitable foundation that is helping the impoverished Venda tribe in Mutele, South Africa, Jaworska was intrigued.

Jaworska met Sidney Bonvallet, a life coach living in Farmington Hills, in November 2012, on the recommendation of a friend who, knowing that Jaworska was going through some major life changes, thought Bonvallet could help. Bonvallet did help, and Jaworska found that, “We kind of clicked very well. She’s so inspirational.” When Bonvallet mentioned that she was planning to walk El Camino to raise awareness and money for Helping Hands Touching Hearts, her 501c3 charitable foundation that is helping the impoverished Venda tribe in Mutele, South Africa, Jaworska was intrigued. “I had no clue about Santiago; I’d never heard about it. I innocently asked, ‘Can anybody do it?’ and Sidney immediately said very enthusiastically, ‘Of course you can come!’ I was so surprised. I hesitated for half a day, and then I made the decision.”



“I knew that with the speed we moved we had very little chance to get out of the woods before darkness. I am afraid of darkness, and we were the only pilgrims left in the forest.”

Scott Carter, Artist and Documentary Filmmaker, and His Journey on the Way of St. James

By Scott Carter

It's 5 a.m. and there is a slight chill in the air. In the distance there is the faint sound of a helicopter. As it gets closer, with great frustration, I say out loud, "Really?!? Again?" As it gets even closer, I can hear the moaning and fidgeting of other sleepless souls. The helicopter hovers over the campsite for a moment and then lands, it sounds like, right outside our tent. Almost like an SNL comedy skit, this helicopter has been visiting us every hour since 1 a.m. This is not the start of a two-week walking pilgrimage through the south of France I anticipated. Nevertheless, what a way to start: an unexpected challenge testing our acceptance of what is.

I moan as I shuffle my body in our sleeping bag from side to side and adjust my tiny, slippery inflatable pillow in between my head and shoulder so the blood can flow back into my right arm. My right hip is supporting the majority of my weight as it digs into the one-inch foam mat I call my mattress. Through the tent to the right of us, I can hear another pilgrim snoring. Behind me is the sound of a tent zipper. 4,153 miles away from Ann Arbor I struggle to find physical comfort after a sleepless night. I am grateful to be on this exploration with my girlfriend and inspiration, Jule (pronounced "Ula"), who has previously walked the main path in Spain, El Camino Francés, and completed this pilgrimage once already, in 2006. Seemingly undisturbed by the flying alarm clock and the lack of sleep, she starts to get up and dress. I sit up, close my eyes, and take a deep breath. Let my pilgrimage on the Camino de Santiago — The Way of St. James — begin.

Continued on page 52

Scott Carter & Jule



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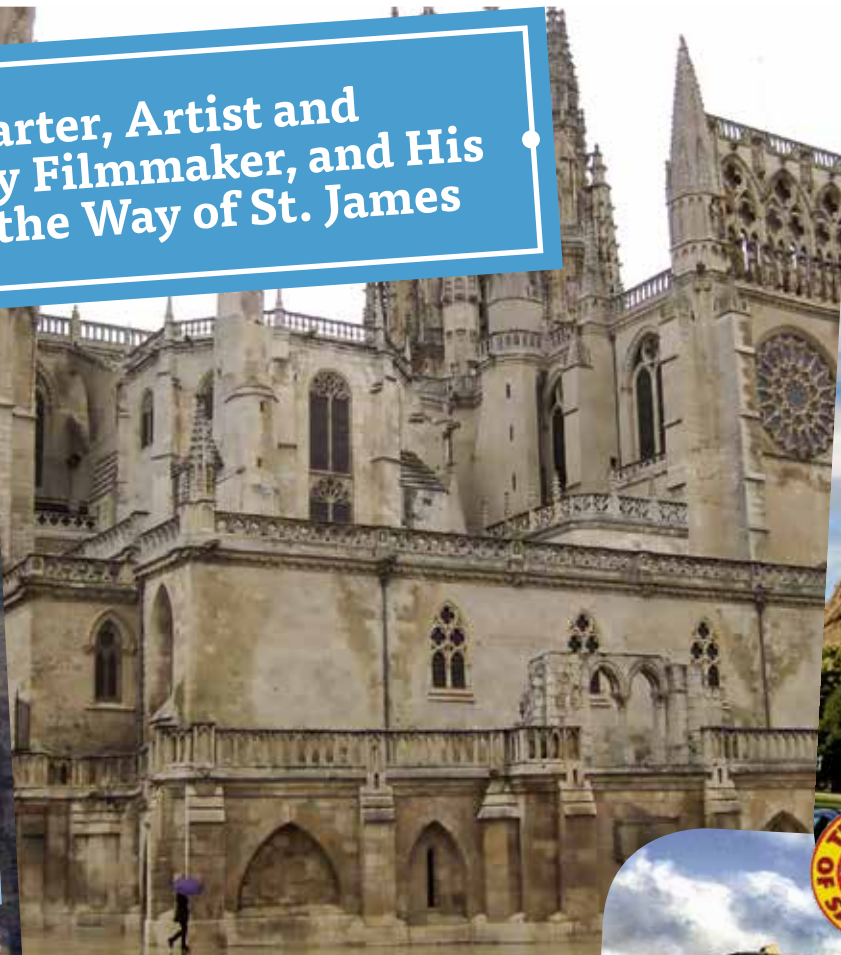
Carter upon leaving Saint-Chély-d'Aubrac on the eighth day.

This is not the start of a two-week walking pilgrimage through the south of France I anticipated. Nevertheless, what a way to start: an unexpected challenge testing our acceptance of what is.

Scott Carter, Artist and
Documentary Filmmaker, and His
Journey on the Way of St. James



Saint Jacques



Santiago de Compostela Cathedral

With no sleep and my 30 lbs. bag leaning against a tall stone pillar, I feel as light as air, filled with a sense of humility and honor that I will be walking where so many other beings have before me.

Continued from page 51

We put everything we need into our packs. We have a tent, sleeping bags and mats, shoes, clothes for hot, cold, rain or shine, first aid, food, water, utilities, toiletries, and a few personal items — all the result of an inventory we planned weeks ahead. My pack is packed full! After I put it on, I know I won't be getting many souvenirs. Our packs weigh anywhere between 25 to 30 lbs. depending on how much water and food we carry.

Six a.m. with bags packed, we start our walk to the center of town for a special ceremonial blessing and morning mass for all the pilgrims. The Romanesque Cathedral of Notre-Dame sits on the top of a hill surrounded by the narrow twisting streets overlooking Le Puy-en-Velay, a picturesque little town in the south of France. Le Puy is a major station on the Santiago pilgrimage, starting point of Via Podiensis, one of the four main paths going toward Spain on the pilgrimage to the tomb of St. James. We arrive along with about two hundred other pilgrims to form the first congregation of the day. Although our faces show remnants of a tired, and for some sleepless, night, our faces beam like those of children on Christmas morning, full of wonder, anticipation, and excitement for the adventure about to start. We gaze wide-eyed in the direction of the priest who is welcoming us into the house of God at this early hour. With no sleep and my 30 lbs. bag leaning against a tall stone pillar, I feel as light as air, filled with a sense of humility and honor that I will be walking where so many other beings have before me. I learn that I am only one of two Americans in the crowd gathering at this church today when the Father asks all pilgrims to introduce themselves.

Pausing the walk for short yoga practices throughout the day reminds me to be soft with the body, strong with the breath, and stay in the moment.

We pick up a small paper book to collect unique stamps from all the places we visit on our Way. We are also gifted a small silver token with the image of a shell. Jule surprises me with a scallop shell that she collected herself at the beach in Finisterre, Spain, at the end of her pilgrimage in 2006, and I attach it to my backpack. The shell is the symbol of The Way; it garnishes the pilgrims and the path. For over a thousand years, pilgrims would travel by foot or horseback to the Cathedral of Santiago de Compostela, the tomb of Saint James the Great (son of Zebedee, brother of John, and Christ's cousin) and many would continue on to the sea, where some would look upon the sea for the first time in their lives and where they believed the world ended. They would choose a shell to remind them of the epic journey and its profound impact on their lives. Evidence of these shells has been found thousands of miles away, all over the European continent. The shell is the landmark showing you that you are on the right path. Towns like Le Puy have bronze shell medallions about the size of a hockey puck embedded in the roads and on buildings.

Saint James, patron saint of Spain, spent a couple of years evangelizing without much success and then was beheaded by Herod in 44 A.D. in Jerusalem. His disciples took his body to Jaffa on the coast, where a stone ship was miraculously waiting

Saint Michel d'Aiguilhe Chapel, built in 962 on a volcanic formation 85 metres (279 ft) high.



As I walk all day long in nature, it allows my nervous system to reset and my mind to unwind and open.

Pilgrim monument outside of Aubrac by sculptor Jean Claude Lanoix from the Alsace region. The French inscription reads: "In the silence and solitude only the essential is heard."



and took them back to Spain. They landed in Santiago de Compostela after only one week, thereby providing proof of angelic assistance. Saint James was buried there in a tomb and forgotten for 750 years until a hermit had a vision in which he saw a very large bright star surrounded by a ring of smaller ones shining over a deserted spot in the hill. It was found to be the tomb of Saint James.

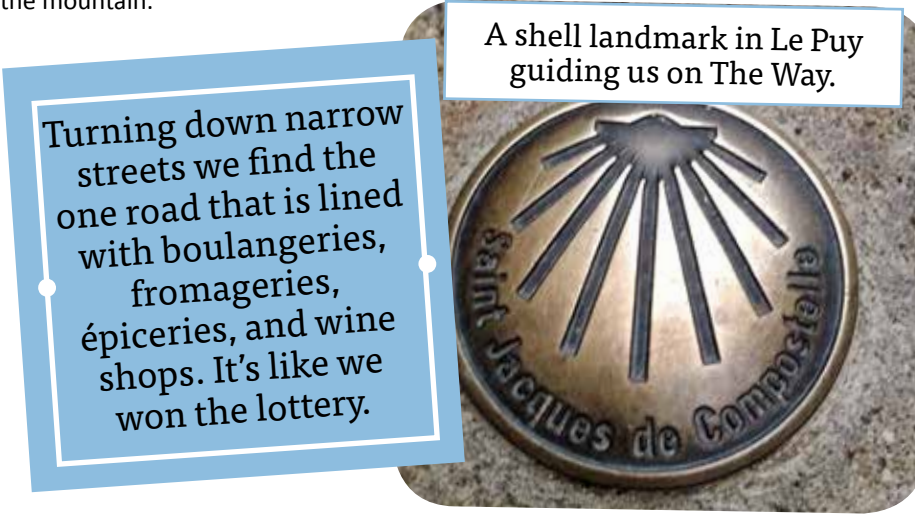
We leave the downtown of Le Puy and head up and up. In no time at all I am gasping for air, my legs burning, my pack feeling like I am carrying a statue of Saint James. We aren't even out of the city limits. Doubt slaps me in the face. If this is how I feel after the first twenty minutes, how am I going to make it two weeks? My mind is racing. *I didn't do enough uphill training back in Ann Arbor. I brought too much stuff. I thought I was in better condition. I can't do this!*

Just then we come upon a group of ten handicapped pilgrims, some of them blind, and another ten people accompanying them. They all have smiles on their faces, chatting and seemingly without a care in the world. There is a sense of contentment just to be out walking. One blind man speaks English and appears to be so excited to "show off" his English with an American that the smile on his face couldn't have been brighter. We talk about how excited he is to be walking on such a beautiful day. As I continue, I tighten my backpack, drop my doubt, and lighten my load. As we ascend higher and higher, looking over my shoulder, the distant view of the small town below confirms that we have begun our experience of The Way.

The path takes us from the street in a small village to a narrow sand trail, from rocky paths through magical forests, from enormous medieval stone churches to vast open plains. We meet curious donkeys looking for a snack of green grass and a lucky one who gets a special treat of sugar cubes. A variety of cows spot the landscape. Some herds seem to be on their own doing whatever they please. Others stand on the path and moo at us as if to say, "Oh, am I in your way?" I am amazed by the little calves in their playful innocence reaching out their tongues to determine if I am friend or foe.

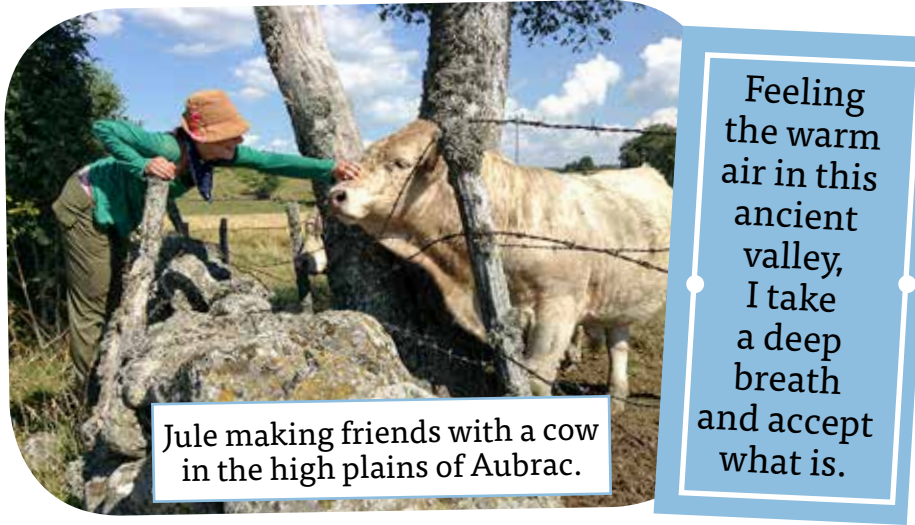
As I walk all day long in nature, it allows my nervous system to reset and my mind to unwind and open. No distractions from cell phones, computers, cars, or advertisements. No schedules, deadlines, or time frames. I don't have to go somewhere or meet anyone. I am just walking. Just Jule and I. When you have time and space there is no need to fill it with idle conversation. At times we walk in silence with our own thoughts. When we talk it isn't conversation, it is authentic communication. We talk about how action, passion, and intention are essential in almost every part of life — when developing friendships, starting a creative project, or even making a delicious cheese. We form an action plan to make documentary films that address some of the issues we see in the world, like taking care of our planet and the people in need, as well as the visionaries that have solutions and are making a difference. We discuss art, science, food, wine, philosophy, the condition of the planet, human consciousness, and on and on. I realize that all these things are not separate. That when you are living a full life, all things are accessible to you at all times. I always knew we were connected, but now I start to feel it in my body.

We average 20 kilometers, or about 12.5 miles, a day. We stop once before lunch to check out some sites, fill up our water, grab a snack, and then off again. We come across a tiny church that couldn't hold more than ten people on a ridge overlooking an enormous valley and landscape. At the very top are ruins of a fort where the French army had a vantage point. Eventually, it was taken over by the French resistance during the revolution in the 1790's. A strange feeling comes over me as I walk through the same path as the pilgrims, warriors, and victims before me. I feel that I am part of the cycle of people experiencing the same piece of land but under drastically different circumstances. Gratitude comes over me as we continue down the mountain.



If we are close to a village around noon, we stop for lunch to sample local cuisine; if not, there is no shortage of wide open fields with postcard-like views to make lunch feel like a five-star getaway. Rationing food and water is something new for me. It's not like I can just walk to the refrigerator or hop on my bike and ride downtown. If I run out of water, I have to walk, who knows how far, before I can fill up. Abundance and accessibility are not options any longer.

The sad part is that, at age 46, I feel more responsibility for my well being than I ever have. But gratitude is abundant. Every bit of food has flavors and textures. I feel it giving my body the strength and nourishment I need to continue my pilgrimage. My body becomes a vehicle for all experience, not just pleasure. Like when I feel like I can't get another blister or when my knee swells up so much I'm unable to put any weight on it. In these moments, I'm thankful to have a strong physical yoga practice, but even more important is yoga's emotional impact. It's the practice of equanimity. To stay present to the sensations and allow them to come and go like the passing landscapes. Pausing the walk for short yoga practices throughout the day reminds me to be soft with the body, strong with the breath, and stay in the moment.



As we enter a village to stay the night, our first priority is to find water. A spout sticking out of a wall with water flowing out into a long basin looks promising. We look around to see if there is anyone that can give us the thumbs up that the water is drinkable. Staring at the flowing water, getting our fingers wet, we taste it, then gulp it down like we are in a post-apocalyptic movie. We fill our water bladders then hunt for food. Turning down narrow streets we find the one road that is lined with *boulangeries*, *fromageries*, *épiceries*, and wine shops. It's like we won the lottery. We buy a freshly baked baguette, locally made cheeses, yogurt, salami, and wine. Every town and village offers something different. Each region has its own family recipes passed down for generations with unique flavors, each just as delicious as the next. The challenge is that we need to be selective of how much we buy since we only have so much room in our packs. I never realized how much a full bottle of wine could weigh you down.

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We give ourselves options for a place to sleep. We use a four-person tent for the majority of our nights, but there are two other options: a *gîte*, which is someone's home where they rent you a room, or a hostel, often times a large dormitory-like space shared with many other pilgrims. Both fill up quickly, so you need to reserve a bed or keep your fingers crossed for one to be available.

When we enter the small village of Aubrac, we quickly determine that there is no campground, although a friendly restaurant owner offers his lawn/parking lot. We see only one tent pitched in a small yard with a donkey seemingly guarding it, so we decide to find another option. There is a tall four-story stone cylinder building used as a monastery that houses pilgrims. A very narrow spiral staircase takes us up to the third floor where a round room holds four bunk beds, each with a blanket and pillow. The ceiling is 15 feet tall and the walls are made of 12-inch stone blocks. One tall window looks south over the village and one tiny window at the very top faces north. It looks like something Disneyland may have copied for one of their fairytale castles. For 13 euros we share a bedroom with five other pilgrims.

Meeting other pilgrims and getting to know them and their story is a vital part of the experience of The Way. The next morning, on our eighth day, we meet a husband and wife from the northern region of France, as well as a young man traveling by himself. We chat with Pascale and Alain, the couple, during breakfast and listen to their impressions of their pilgrimage and the places they passed. Just like us, they enjoy the local foods and are headed for Conques as their final destination, recommending we stay with the monks at the abbey. Then, as we are stretching and getting ready for take-off, we meet Silvan in our dorm room. The young man is struggling with a swollen ankle, so we exchange a few first aid remedies before we are off. Leaving the monastery we understand more fully that this communal experience of sharing, support, and connection is what makes pilgrims walk as far as they do.

At the end of the eighth day, we are about an hour away from Saint-Côme d'Olt, where we planned on spending the night, but my right knee can't handle the downhill impact any longer. Unfortunately, Yellow Cab doesn't frequent the El Camino, so I have no other choice but to breathe deeply, give gratitude to my left leg, and take one step at a time. Arnica gel, Advil, and double wrapping seem to have no effect. As I hobble into a campsite, my body collapses, shivering from a fever brought on by fatigue. The overly gracious owner of the site gives us a caravan for my recovery. Jule nurses me back to health with a delicious potato cheese meal that would make any body part feel better.

We are two and a half days away and just a mere 30 miles from Conques, our intended destination, but our pilgrimage must end here. We spend three nights in Saint-Côme as I give my knee the rest it is demanding. On the third morning, a cab meets us at the campsite. Disappointment washes over me as I watch out the window of the car driving 50 m.p.h. past the paths I should have been walking down, wondering about the experiences I will miss. I feel defeated, cheated, and angry with myself and with my body for failing me.

As we pull into the beautiful city of Conques, I am reminded that experiences are all around me at every moment. If I don't see them, it is my fault. Feeling the warm air in this ancient valley, I take a deep breath and accept what is. As I reflect on my pilgrimage and think of my usually comfortable and convenient life, I can't help but look forward to my return to that place—Saint-Côme d'Olt—where my Way found an unexpected ending. I know I will return there one day to resume this pilgrimage, to reunite with the stream of pilgrims that went before me and to explore the beautiful countryside that is still ahead.

Thank you, Jule, for your help in writing this.

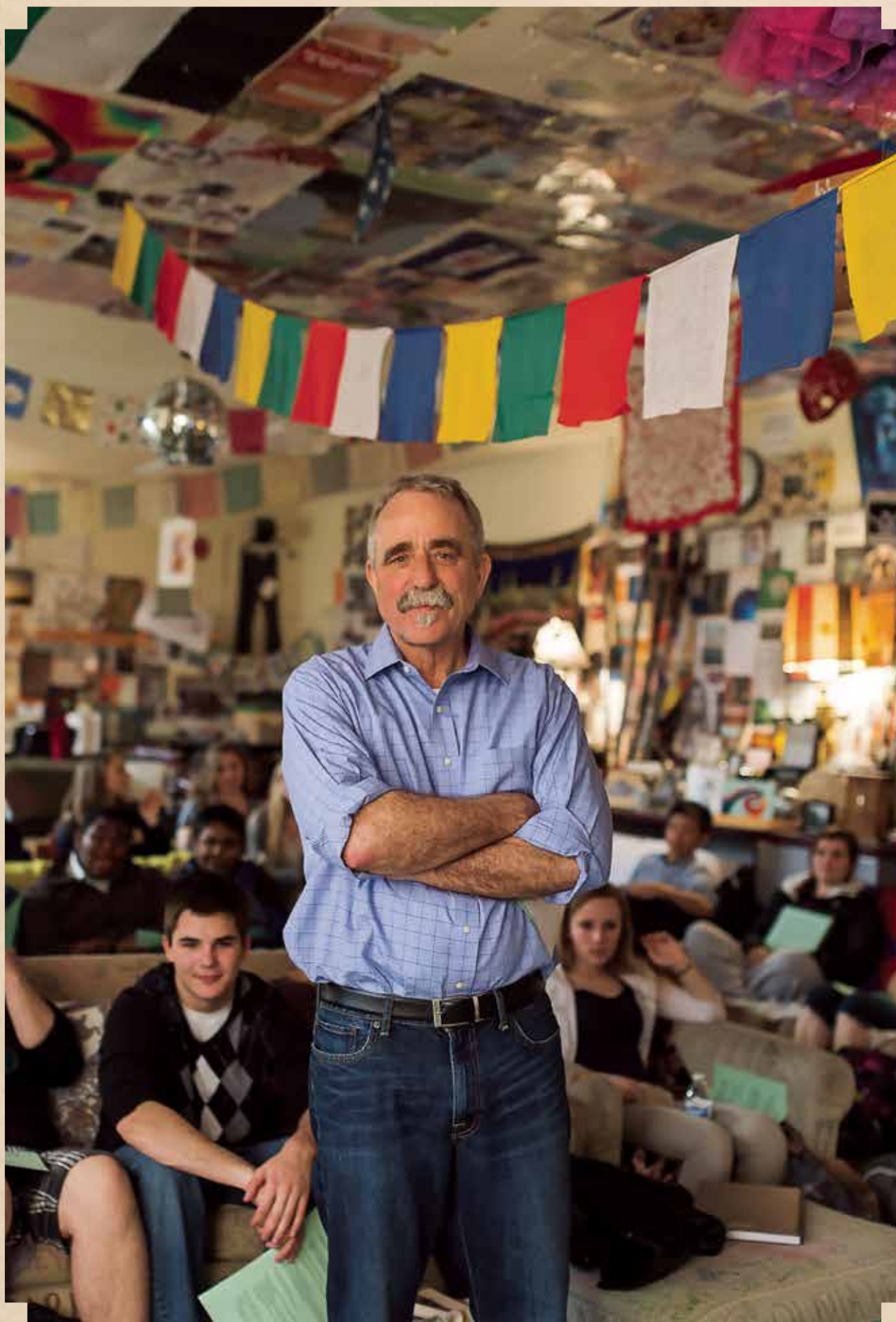
Scott Carter has lived in Ann Arbor since 2011. He is an artist and independent documentary filmmaker currently working on a project called "The Visionaries of Ann Arbor." Carter also works as a screen-printing consultant and has been a yoga instructor since 2006, teaching private lessons and in studios around town. He can be reached at CarterYoga@gmail.com or through his website, onecarter.weebly.com.



The Crazy Wisdom Interview with Jim Robert of Pioneer High School



An Inspired Teacher's Use of Socrates'
Call to Action: "The Unexamined Life is Not Worth Living"



"I wonder if we have ever asked ourselves what education means. Why do we go to school, why do we learn various subjects, why do we pass examinations and compete with each other for better grades? What does this so-called education mean, and what is it all about? This is really a very important question, not only for students, but also for the parents, for the teachers, and for everyone who loves this earth. Why do we go through the struggle to be educated? Is it merely in order to pass some examinations and get a job? Or is it the function of education to prepare us while we are young to understand the whole process of life?"

— J. Krishnamurti

Interview by Maureen McMahon
Photos by Edda Pacifico

Pioneer High School social studies teacher Jim Robert is known to many, including his students, simply as “JR.” At age 59, he has been teaching for 25 years, 24 of them at Pioneer. In 1996, while teaching a philosophy class to seniors, he began to develop an innovative curriculum idea: how could he create an experience for students to explore self-awareness and self-examination in an academic setting, especially as our culture moves toward test results driven measures of success? Inspired by his belief that “the search for an authentic self is one of the primary tasks of adolescence,” his new curriculum would require a classroom model that fosters a supportive, trusting environment for seniors to navigate life’s philosophical questions together. His hope was that such a class could help students build compassion and strength of character — in his opinion, far better indicators of a senior’s success.

Robert began to refine a disciplined dialectic approach in which the class would spend a few weeks establishing trust, and then begin what he calls the Council process. Each period, a different student would read a personal statement to the class and then spend the entire hour answering questions posed by the others to encourage that student’s “journey to the authentic self.” Homework would be to write a thoughtful, positive commentary to that period’s Council participant. Their charge, as a class and as a supportive community, would be to answer Socrates’ call to action: “The unexamined life is not worth living.”

What began as an experiment has matured into a legendary and popular elective at Pioneer called Senior Passage. Robert named his dialectic process The Council of Philosophical Inquiry, or “the Council” for short, referring to the tradition of the tribal council. As of 2013, over 4,500 seniors have participated in the Council’s exploration of identity and purpose among small, confidential groups of seniors. I heard Robert describing Senior Passage in a TEDx Talk he gave at U-M and was moved by his unique approach to education. He agreed to meet with me and collaborate on a Crazy Wisdom Journal interview.

I met JR on a busy Friday afternoon at Pioneer. Finding him meant navigating bustling hallways of teenagers until I spotted his door adorned with signage and artwork. Walking into his classroom felt like entering a curiosity cabinet. Dozens of well-worn armchairs and couches faced forward. Tibetan flag streamers, portraits of students and original artworks, hockey sticks and other student memorabilia lined the room’s perimeter. Iconic images were lovingly placed, many playing off each other (soccer Bob Marley standing next to Amma comes to mind). Compared to the frenzy of the hallway during a passing period, the energy here was calm and focused; the feeling suggesting something extraordinary had been going on in here.

Once we got acquainted, JR smiled at me, gesturing for me to pick an armchair. A little weary at first, he rubbed his hands through his hair and revealed that, just moments before I arrived, a Senior Passage class had collaborated on one of the more moving Councils of the semester. I began to ask him questions, and as he retraced the ideas and origins of the class, his face brightened and his momentum picked up, especially when articulating the amazing gifts Senior Passage had bestowed on him and his students.

— Maureen McMahon

Maureen McMahon: How did the Senior Passage class come about?

Jim Robert: Oh my, where to begin? I could say it came about because of my brother’s unexpected death the summer before my senior year of high school, and this class is therefore the class I never had but really needed. I could also say it has its origins in Professor Richard Mann’s Psychology of Religion course I took at the University of Michigan that deflected the course of my life down the path that has led me here to this classroom. But I suppose the more practical answer would see its origins in my own attraction to the “Great Conversation,” entailed in the field of philosophy.

I remember doing a project in one of my education classes back in the 80’s. I don’t remember the class or even what the assignment was, but I do remember doing this project on using “The Socratic Method” as a pedagogical practice, a modified version of the Socratic dialogue, the purpose of which is to help students think for themselves as they come to grips with whatever subject is being taught. The Socratic Method has become the signature pedagogy in every class I have ever taught. So I suppose that might be the best place to start.

When I was first hired at Pioneer High School and began employing this Socratic pedagogy in my 9th and 10th grade history classes, one of the immediate and most surprising outcomes was the atmosphere in the classroom it created. From the very beginning, my classes have been a cradle for discussion; a place where the facts of history became secondary to the ideas embodied in these facts, and that my task as an educator was to help my students learn to grapple with these ideas and connect them to their own lives. Making my students’ voices the center of the classroom, and helping them find their voices and confront the fears that prevent their voices from being heard, became foundational to my educational philosophy. I can’t even imagine what a class would look like without these voices. There is nothing that



Inspired by his belief that “the search for an authentic self is one of the primary tasks of adolescence,” the curriculum fosters a supportive, trusting environment for seniors to navigate life’s philosophical questions together.

can compare to the electrically charged atmosphere of a classroom of young minds exploring for the very first time the great ideas of history and then recognizing their connection to the present — their own individual lives. Helping students become self-aware, critical thinkers has been my central mission as an educator.

It was clear early on in my career that a 53-minute history class period was not going to suffice for many of these students to quench their thirst for meaning and for delving deeper into the world of thoughts and ideas. In 1994, the “Pioneer Philosophy Club” was created with the help of a former colleague, Aaron Pollock, and in the short span of a couple of years, it grew from its original membership of about 10 to well over 75 students. We would meet once or twice a month outside of school, usually in a café, to discuss various readings and ideas, and it was here that my Philosophy Class planted its roots. The Philosophy Club reminded me of my own longing in high school for something more meaningful than what the standard curriculum offered. By 1996, the curriculum was completed for, what turned out to be, a standard introductory philosophy class and, under the guidance of my then principal Bob Galardi, I was able to pilot the first class. I believe the first couple of semesters we covered the history of Western thought from the Pre-Socratics to the Existentialists.

Today, the class is technically still an introductory philosophy class, although its current format might make some of my former philosophy professors roll over in their graves. To really understand the evolution of this class into its current format, it’s important to see it in terms of the structural changes that were taking

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As of 2013, over 4,500 seniors have participated in the Council’s exploration of identity and purpose among small, confidential groups of seniors.

The Crazy Wisdom Interview with Jim Robert of Pioneer High School

Continued from page 55

place in public education after the passage of Proposal A in 1994, which changed the way public schools were funded — basically shifting control from the local to state and, eventually, federal levels. I don't think it is a coincidence that the growth in popularity of this class and its evolution into a Senior Passage class runs concurrent with the increasing homogenization and standardization of the high school curriculum that was a by-product of this change. In certain respects this class became like an oasis in the otherwise dry and desolate slide into our current status as an over-regulated, high-stakes 'testing-to-death' servant of the state. This is not to say there aren't other course offerings countering this trend at our school, because there are, but they're certainly getting squeezed out by the exponential growth in state mandated graduation requirements and other top-down controls implemented by the state. So in this sense, the evolution of this class, from a traditional introductory philosophy course to its current Senior Passage, was a reaction to the "one-size-fits-all" curriculum that was taking over our high school, and has since become the status quo.

"The Socratic Method has become the signature pedagogy in every class I have ever taught."

Under these conditions, students coming into this class in the early years made it increasingly clear that they were looking for something more. There was a hunger to explore each other's ideas and to better understand themselves. Questions such as "Who am I?" "Where have I been?" "Where am I going?" "What does it mean to be a human being?" "What is this life all about?" — these were the questions that were in the hearts and minds of the students signing up for this course.

From an educational perspective it was simple. They didn't want just another depersonalized academic class with readings, discussions, and more tests. They didn't want to just *read* about philosophy, they were looking to *do* it. I think it was this realization that sealed the evolution into a Senior Passage class, and from there the path began to open up, and who better to turn to for advice than Socrates for both his time-tested model — the dialectic — and his equally relevant maxim, "The unexamined life is not worth living."

If one believes, as I do, that our youth have a unique wisdom that they bring to experience, in order to tap into this wisdom, we cannot avoid, in fact we *must* tap into their personal experiences. Instead of making the history of philosophy the curriculum, my students and their life experiences became the backbone of the Senior Passage class.

And if you believe, as I do, that philosophy should be more than just an attempt to help young people understand the history of ideas, but should also help them find their place in this world, and more importantly, feel at home here, I knew I was going to have to create a completely different kind of classroom; one that would facilitate the examination of the personal experiences my students were bringing into this class; a space that was both comfortable and inviting but, most importantly, a space that was safe. Again, this is not to say that other classrooms aren't safe, but to do the work we were going to do, an environment of trust and security would need to be cultivated.

Maureen McMahon: Now, after 18 years, the Senior Passage class has blossomed into a highly regarded and sought after elective. How many sections do you teach?

Jim Robert: As I mentioned, the first section was piloted in the fall of 1996 and over the course of the next few years a couple of sections were added each semester. From 2000–2011 my entire teaching assignment of 10 sections (5 per semester) was devoted to this class. By 2012, with Skyline High School — Ann Arbor's third comprehensive high school — fully up and running, enrollment has gradually declined to its current level of 5 or 6 sections a year, which I'd like to believe reflects the decline in enrollment at Pioneer and not the loss of relevancy of the class.

Maureen McMahon: Who takes the class? What kinds of kids are taking this class today?

Jim Robert: The class is designed to encourage the enrollment of as broad and diverse a cross-section of the senior class as possible. I specifically did not want it to become an AP class, which typically has a much more narrow and homogenous sampling of students. Since the curriculum is student centered, the more diverse the background of the students, the more diverse the experiences brought into the class, which, in turn, adds up to a much richer curriculum.

Today the class is a true representation of the rich multi-cultural climate that remains one of the great strengths of Pioneer High School. Students taking this course represent a broad spectrum of academic ability, class, gender, and cultural backgrounds, including exchange students from all over the world, along with a steady enrollment of the young men from all over America who make up the USA Hockey National Team Development Program. In this great mix of culture and diversity, the one common ground is they are all high school seniors — one step away from one of the most important life transitions we have all been asked to make.



"Making my students' voices the center of the classroom, and helping them find their voices and confront the fears that prevent their voices from being heard, became foundational to my educational philosophy."

MM: Please explain more about the Council and how it operates.

JR: The Council is the heart and soul of what this class has become. I think if you were to poll my past students, this is what they are going to remember most. During a Council, each student is required to sit before the class and, for one entire period, have their worldview examined by the class through a disciplined questioning process. Originally, it was an attempt to provide some thoughtful high school seniors the opportunity to "do philosophy," to experience first hand a multidimensional approach to philosophical inquiry and make it come to life. It requires each student in the class to become actively engaged in an ongoing process of philosophical exploration and discovery, through disciplined observation, questioning, listening, thinking, feeling, and introspecting. The senior year of high school is such a transitional period in life that it's an opportune time for them to do this kind of work — to carve out some time and step back from their busy school day for some reflection

and perspective. Because the very process of critically examining the views and perspectives of others enables us to critically examine our own, the Council process provides an opportunity for each student in the class to take the Socratic maxim to heart, and examine themselves and each other at this critical juncture in their lives.

Each Council begins with a random selection of a student in the class. Members of the Council (the class) sit in a semi-circle of chairs and couches around this student, who then reads their briefly written impromptu response to the question "Who Am I?" out loud to the class. This "Who Am I?" statement was written earlier in the semester and stored in a folder in the classroom. For the remainder of the 53-minute class period, this student fields questions from the class regarding anything and everything having to do with their life: who they are, how they look at the world,

"...The evolution of this class, from a traditional introductory philosophy course to its current Senior Passage, was a reaction to the 'one-size-fits-all' curriculum that was taking over our high school, and has since become the status quo."

where they have been, what they have done so far in their life, their beliefs, values, political and religious inclinations, character strengths and weaknesses, talents and abilities, hope, fears, struggles, accomplishments, influences, and ultimately where they think they are going and what the future may hold for them. You can only imagine the terrain that gets covered from the kinds of questions occupying the minds of most high school seniors.

Students are expected to take notes of this collective inquiry in their journal. From these notes, each student will then produce a written “Positive-Truthful-Insightful Paragraph” (P-TIP) about each Council that is written to the student whose worldview was shared during the Council. The P-TIP is not a recapitulation of the Council, but rather each participant’s unique interpretation of the entire Council event. The purpose of these writings is to either generate an insight in that student or to inspire them in return for opening up and sharing their life to the class. These paragraphs are submitted to the class website for evaluation, and at the end of the semester, each student is provided a copy of these anonymously written paragraphs. It’s truly a beautiful document to receive on the last day of the semester, bringing closure to the entire experience.



“From an educational perspective it was simple. They didn’t want just another depersonalized academic class with readings, discussions, and more tests. They didn’t want to just read about philosophy, they were looking to do it.”

MM: You talked about creating a classroom space that is comfortable, inviting, and safe. Trust must also be a critical factor for the Council to work. How is trust established among the group?

JR: You’re absolutely correct. Ultimately, it is confidentiality that turns the public space of a classroom into a private space where trust can grow, and once this begins to happen, the closed becomes more open, the hidden becomes more known, and the fearful becomes more secure. Without trust and confidentiality, controversial, alternative, and conflicting views cannot be openly expressed, examined, and questioned. Thus, creating this atmosphere in the classroom is both the key and the real challenge of teaching this course. It requires a complete 180 for most students who take this course, because there aren’t many classes asking them to do this kind of work. In a sense, I’m asking them to create a truly open and democratic learning community that paradoxically is also both safe and secure — but that’s the real challenge in any democratic society — creating a community that is both free and secure. In a sense, it’s the great American social experiment in miniature.

So the first month or so of each semester is dedicated almost exclusively to reducing fear in the classroom and to building trust. Virtually every assignment and exercise during this period is designed to further this process along. Students are gradually

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Senior Passage –

“Who Am I?” Statements from Jim Robert's Class

(These statements were collected from across all of Jim Robert’s classes. The photos shown here are from one of those classes. The young adults shown are a small selection from that class, and were chosen to represent the passion and diversity of the people who attend this class and are not necessarily authors of the statements printed here.)

KATHLEEN
I am a duality... Practical. Critical. Reasonable... but... An Idealist. A writer, lover of words, emotion. I am a “try-hard.” I have an ideal woman that I want to become, but I am not her and will never be.



“I have an ideal woman that I want to become, but I am not her and will never be. I am, right at this moment, tired of chasing her. But at the same time, I am unwilling to accept anything less than the best version of myself.” –Kathleen

I am, right at this moment, tired of chasing her. But at the same time, I am unwilling to accept anything less than the best version of myself.

I am fearfully and wonderfully made. My body is whole, stitched together with no seams, and it is healthy and beautiful. But what is more beautiful is my soul. This has nothing to do with my personality. My soul is my connection

with the Divine. It is my God-given worth that has nothing to do with the way I act. I am, most deeply, a piece of God. A part of his body.

ARON
I am walking backwards. I am looking at this wall in front of me, this “big picture.” Taking this class and humanities, trying to pull together all the information I can from history, art, and abstract ideas, and I have this idea that I’m supposed to be finding an answer. A one-sentence “money line” that is the key to understanding everything I see.



“I am happy with my life. Sometimes I feel like I am supposed to hate it because so many people around me are unhappy with theirs.” –Maddie

But as I back up, I’m realizing that this giant picture has no frame; as a matter of fact, it is still being painted and expanded, beyond any part of it that I can see.

When I am back far enough to see all these concepts, art, facts, and thoughts in the same view, I notice I can’t make out any of the details. I have some pretty good eyesight; I’m a baseball player and I see in 20/16. But

this part of the picture is just blurry to me. Every time I start to make out a clear shape, I realize that really isn’t what I’m seeing at all.

So hopefully I can make my philosophical eyesight better... Or maybe that’s not the point...maybe what I really need to do is learn to appreciate the abstraction. It’s hard to accept, but maybe I won’t even find my own answer, or maybe the answer is that you have to answer your questions on your own.

It’s a load of BS, but I think the idea is we have to take a look and try to figure out how to get to the bottom of all of this.

MADDIE
I am a proud person in every sense of the meaning. I love life. I am happy with my life. Sometimes I feel like I am supposed to hate it because so many people around me are unhappy with theirs. Society makes me think that this is normal, but no matter how many times that I ask myself if I am happy with where I am now the answer is always yes.

I am a loyal person. I value loyalty almost over everything. I am an honest person. I believe that love is the most powerful thing on the planet. I’ve never been in love but I am in love with the idea of it. Sometimes I’m afraid to love. I am an extremely self-conscious person. I am insecure with my body. Sometimes I look in the mirror and don’t feel beautiful. Sometimes I do feel beautiful. I walk a thin line between the two. Because of my own insecurities I try to find the beauty that everyone holds. I think that life is beautiful! I am a person that wants to live a life with no regrets. I am adventurous. I am brave. Sometimes I might be a little overwhelming. I am an extremely emotional person. I cry in practically every movie — it feels like sometimes. There are certain songs that never fail to make me cry. I value music. I believe it is a special force of nature. I believe that singing with others is the most pure and intimate way of connecting with others through artistic expression. I believe in creativity.

“I am what I want. I want to know things I cannot.” –Cameron

I value the friendships that I have, most importantly with my younger brother. I value my family. I can’t imagine a life differently than the way I’ve grown up. I’m proud of being bi-racial. However, I feel just as uncomfortable in a room of all black people as in a room of all white people. I’m proud of who I am. Sometimes I feel uncomfortable when I’m forced to check one box saying “Black” or “White.” I only get to choose one. I feel like checking one or the other pledges my alliance to that race, to only one of my parents. I don’t like applying only the one box to my life. Why can’t I check both? Regardless, I feel proud of who I am. I believe that all things happen for a reason. I am a person who believes that everything works out in the end. I believe in the world.





JESSE
I am perspective. I have consistently changed the way I think since I was born.

Every day, I am different.

For a long time, it has been a struggle for me to master my different feelings. I feel emotions relatively strongly, and the more I tried to stay the same, the more I changed. It's been a rough, invigorating, euphoric, depressive road, but I now feel comfortable saying, "I am Change, Passion, Thought, and Talent."

EMILY
I am in pain. I am worried about my future and if it will end up the way I want it to be. Getting into college, having my A.D.D. under control knowing and trusting that all my relationships are happy and stable. I have gone through a

lot of personal struggles in my life, and there are times that I ask, why do all these things happen to me? Why have I been chosen to falter and break down? Just when I became strong again and build myself up, something always has come to bring me down. But there are also times when I realize that there is a reason that I have been chosen to suffer. I am strong enough to make it through anything. I have made it through before; I need to remember that I can do it again. I am a good friend, and girlfriend. It is hard, because I feel that at times I am taken for granted; they know I will always be there. I am helpful and understanding, and I show everyone how much I really do care for them. It hurts my feelings... I feel that I never get the amount of care back that I would like. I realize though that not everyone is like me. Not everyone can love like I can, or more, show it like I do. I hope one day to find a person or change a person into giving me 100% of what I deserve. I have been hurt, but that won't faze me. I will continue to carry on. Because I love myself! I want to be liked by all, but I have come to the realization that that will never happen. The people that love me are who matter, and I will love them back with all my heart.

"I want to be liked by all, but I have come to the realization that that will never happen. The people that love me are who matter, and I will love them back with all my heart." -Emily

CAMERON
I am my emotions. I am my fears and joys. I am a craving for knowledge. I am the need to be wanted by those closest to me. I am nurturing and possibly too compassionate at times. I am what I want. I want to know things I cannot. I want to feel and to love. I want to be in places no one has ever been. But mostly, I am basic; more and more so. I am basic. I crave simplicity lately and the feeling only grows stronger. And, I am my name, Cameron. I am.



TYLER
To state the obvious, I am a USA Hockey Player, but that is not all I am. I am confident and hardworking. I am young but I am old. I am open to new things and ideas that are presented to me. I am honest and truthful. I am not perfect but strive for perfection. I am human. I am a part of you and you are a part of me. I am willing. And... I am thankful.

CHAD
I am exactly what I want to be. I am a melting pot of my past. My past has made me the motivated kid that will never give up on success regardless of the obstacles put in front of me.

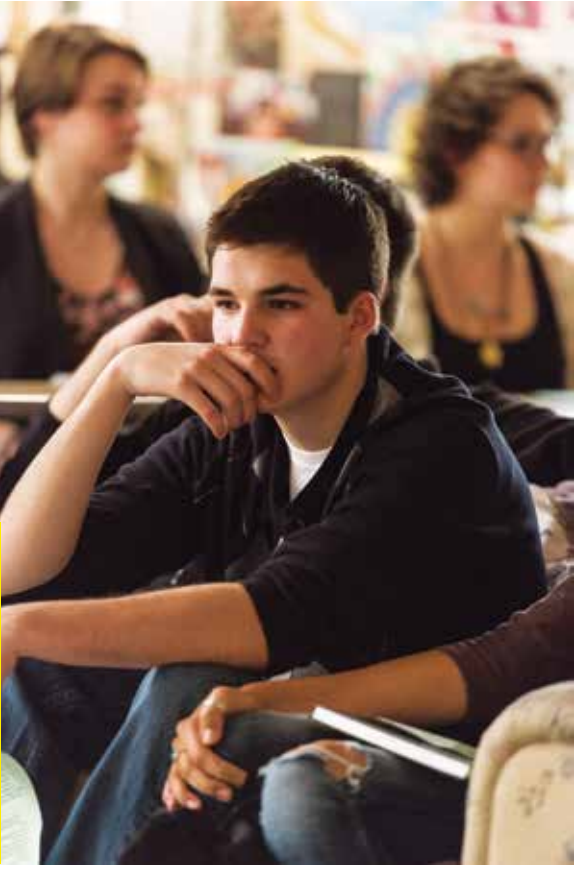
MONIQUE
I am complicated. I can make the littlest things larger than life. I've always

"I am always feeling like I'm a failure in my mom and dad's eyes." -Devon

felt that I am not worthy of others. I think I make myself believe all these things so that I won't let myself down mentally. I am always wondering if others can tell, but when I think about it, no one is thinking about me. I am lost. I just need a place where I belong and feel that I am at one with myself. I roam these hallways with endless sorrow. This is not the way I want to live my life. I am just praying God can save me from the misery I encounter.



DEVON
I am the person you have all come to know. I am a very joking type of person. I am the guy that believes in true love and fairy tale endings. I am the guy that makes others laugh, just so I can feel better. I am that person that always feels they have something to prove. I am that guy who has 5 brothers, and a low-key sister that I don't claim. Oftentimes, I don't know why! I am the one that always wonders, and thinks, "What if?" I am the one who feels. I am hard work. I am dedication. I am commitment. I am a Christian. I am an athlete. I am a role model. I am mad that I met her. I am ashamed to talk about her. I am the one in need of help and prayer. I am a diary. I am always feeling like I'm a failure in my mom and dad's eyes. I am who I want to be. I am a creative soul. I am happy for no reason. I am afraid of being labeled. I am more than a smile and a black face! Who am I? I am Devon.



"I'm really scared of my future; what I believe; who I am or who I've become." -Grace

GRACE
I'm really tired. I'm tired all the time. I feel like everything is happening so fast and at every time of the day there are at least three things that I need to get done. I'm scared. I'm really scared of my future; what I believe; who I am or who I've become. I like myself more now than I ever have and I know the people closest to me love me as well, but I'm scared everyone else sees a stereotype. I don't know what stereotype. Just one. I hope not. I try to be everything but seem like nothing. I'm a Christian, but not really. I'm a hipster, but not really. I'm a smart kid, but not really. I'm a caregiver, but not really. I am a mystery to most people, including myself. My own body is a mystery. I don't know what's wrong with it. I kind of like the mystery, but it's also very scary. There I am, back to being scared. I love myself, don't get me wrong. I just feel so in the middle of everything. I don't feel like a whole, just bits and pieces. Even this piece of writing is bits and pieces. I don't know who I am. I'm a lot of things. I love so much, but I hate so much. I'm shy and I'm confident. I want to learn but only about what I want. I feel at peace with myself but I also feel like I'm going to fall apart any day now. I don't feel confident when I'm recognized but I love recognition when people don't know it's me. I like my mystery and my disheveled self. It's more exciting and flattering to who I am. But sometimes I wish I knew myself. I'm scared of who I could possibly be.

The Crazy Wisdom Interview with Jim Robert of Pioneer High School

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introduced to each other at increasingly deeper levels. In-class exercises require that they begin the process of getting to know each other, which naturally also requires that they gradually allow themselves to become known. It's always a two-way street. I walk them through various introspective exercises. We learn to meditate together, which has become an important component in our class building process. Little steps become bigger steps as they learn to safely exit their respective comfort zones. Because each class has its own unique dynamic, the actual requirements for creating this atmosphere will vary according. Slowly but surely trust and confidentiality begin to emerge.

“...I knew I was going to have to create a completely different kind of classroom; one that would facilitate the examination of the personal experiences my students were bringing into this class; a space that was both comfortable and inviting but, most importantly, a space that was safe.”



Helping this process along is the fact that it is an elective course and most students who sign up for the class have already heard something about the Council process. So from the very beginning, the majority of the class is already prepared and willing to buy into the process. But this dynamic between freedom and security is never perfect, and when you're dealing with thirty-plus high school seniors from all different walks of life, there's always going to be some resistance, but the resistance usually begins to fade once a daily rhythm emerges and the Councils begin.

MM: What are some of the rhythms of the class, especially in terms of the students' ease of interaction? I would imagine the students become more skilled at participating in the Council process with practice and that the first few Councils are much different from those closer to the end of the semester?

JR: The Council process always begins with a teacher. Each class reaches a consensus on the teacher in our building they most want to come in and kick off the process. This allows us to have one Council where the entire class can relax and begin to feel our way into the process together, without the awkwardness of one of the students having to give up his or her Council to accomplish this important initial step. This is always a wonderful day and it's simply amazing that I have so many colleagues at Pioneer who are willing to come in and sit before a class of thirty seniors, many of whom they've never had in class, and have their life examined. My last four principals have all come in and done a Council. There are some teachers who have come in multiple times through the years. But this is how we begin the Council process.

“Because of the sensitive nature of the class, there's bound to be some push back, but I think most parents are supportive of the class.”

The next day we'll debrief the teacher's Council and talk about the writing component. The actual first student Council is always a volunteer, but from then on it's a random draw, no one knows when his or her Council day is. Each Council is a dynamically unique event. The class definitely gets more skilled at working together as the semester progresses, but the process is also always changing throughout the semester. The first few Councils of each semester are always fresh and filled with excitement as students become introduced to the process, but the middle third and the final third have their own unique emergent qualities. I think if you ask the students, they'll tell you there is no one time in the process that is better than another to have a Council — it's just too fluid and dynamic.

MM: You mentioned earlier that originally the Council was just an attempt to allow students to “do” philosophy. How has the Council process itself changed over time? You expressed to me beautifully that the Council goes beyond getting to know each other; that the true value of the class is not only that students gain self-awareness but that they practice listening and withholding judgment, as well; that, collaboratively, the group moves from anonymity to empathy and compassion, and even beyond, into interconnectedness. Please comment more on that.

“Today the class is a true representation of the rich multi-cultural climate that remains one of the great strengths of Pioneer High School.”

JR: Sure, I'd be happy to, but this is where it gets difficult to explain, unless you've participated in one. The Council certainly has become much more than just a process of “doing” philosophy. It's taken on quite a life of its own. I think the key ingredient that really began to transform the process into something more than just an exercise in philosophy was the rule that during the Council process, only questions can be asked. So for the entire fifty minutes, students are forced to withhold judgment, at least openly, and are allowed to only ask questions to the person sitting in front of the room. No comments, judgments, or expressions of agreement or disagreement — none of those kinds of interactions are allowed during the Council.

This is an enormous challenge for most students who are used to discussions, where answers to questions are supposed to be challenged; where viewpoints are to be argued for and against; where unsupported statements of fact are expected to be critically examined. What this means is you have to learn to accept on face value what you hear, and then use more questions to dig deeper into what gets said. It means you have to remain open and accepting of the beliefs and views that get expressed, which in turn requires that we learn to really listen to each other. If you're no longer worried about having to challenge, comment, or agree or disagree with something that is being said, and instead you use the power of attention and more questions to penetrate deeper into each story, acceptance gets cultivated from acquiring a more comprehensive understanding of the background, contexts, and life experiences behind the views that get expressed. This becomes an incredibly positive and rich experience. Consideration moves into empathy, which oftentimes opens the door to compassion. Not only does the student in the Council chair feel he or she is really being listened to, but also, members of the class who are really paying attention begin to see, and most importantly feel, a sense of interconnection that didn't exist before.

Because we are dealing with real lives and with real human experiences, the real-life stories told during the Council become a fertile ground for cultivating empathy and compassion. Difference becomes less threatening and more welcomed. Each Council experience leaves a powerful imprint on the class. It's not difficult for these seniors to see themselves in each other, and as the semester progresses, the sense of community that grows inside the classroom becomes tighter and more meaningful. The stories that unfold before our collective hearts and minds create something that's hard to put into words.

There's a tipping point in the process where our shared humanity begins to outshine the differences that divide us. It becomes easier for students to put aside the previous assumptions and judgments they carried into this class about their classmates. And the more this happens, the more open and free the process becomes. It really becomes an exercise in Mindfulness — where each and every student is called upon to be fully present, to the best of his or her ability, and in their questioning and listening, a new mindset is created that is more free and open.

The great Indian sage J. Krishnamurti once said, “If you can listen in this way, listen with ease, without strain you will find an extraordinary change taking place within you, a change that comes without your volition, without your asking; and in that change there is a great beauty and depth of insight.” And that is exactly what happens. Beauty is the word most often expressed from my students when we talk about the Councils. There is a Beauty in each student who sits in that Council chair and often times that Beauty is obscured by the trappings of growing up and/or muddled by the pressures of adolescence, but it does come out during the Council. It's a truly remarkable experience.

“[The Council] requires each student in the class to become actively engaged in an ongoing process of philosophical exploration and discovery, through disciplined observation, questioning, listening, thinking, feeling, and introspecting.”

MM: As the only teacher facilitating every Council, I imagine it must be a challenge and a learned skill to stay grounded on days when you participate in five different Councils. Part of the effectiveness of the dynamic is your emotional investment, right? Another must be your having a measure of detachment so that you can lead effectively. What's that process like for you? How does it affect your energy?

JR: Some days it's a challenge to stay grounded. We finished a Council just before you arrived, where the young man was describing to the class his experience of witnessing the death of his grandmother and primary caregiver, after being hit by a car. As the class took him deeper and deeper into this experience with their questions, he spoke about the changes this forced upon his own life, and it became clear how it rippled out into his views about life and death and the meaning he is searching for in his own life. Yeah, it's hard some days. We all carry around these kinds of experiences buried within us. Some of us carry them around our entire lives, and for some of these kids, the Council may be the first time they've ever really talked about them, or explored them openly with others, and you can't listen to all of these experiences and not be affected by them. So plenty of sadness and

suffering comes out during the Councils, but there is also great Joy and Beauty. Tears and belly laughs — we can move from one to the other in a blink of the eye, and it’s truly amazing how sensitive and skillful they become at doing so. We get to cover the entire spectrum of human emotions each and every day through this experience. It’s raw and unpredictable.



“You can only imagine the terrain that gets covered from the kinds of questions occupying the minds of most high school seniors.”

Sometimes I think I’m way too invested in this process; it’s still too much a part of my everyday experience to step far enough away to see what it has really meant. It’s always a struggle to find the words to talk about this experience, but I do know that in teaching this class, the window it has afforded me into the hearts and minds of high school seniors has been priceless and so very precious. I am so thankful to have had this opportunity to see beneath the surface of my students’ lives; to know them on an entirely different level; to feel this connection. I, too, have seen a part of myself in each student who has ever sat in that chair. It’s difficult to process, so naturally it’s going to be difficult to interpret and explain. In the early days of teaching this class, detachment was difficult if not impossible. I’d take this class home with me every night, and my wife has been such a rock in helping me stay focused and committed to this class. I guess, in the end, I’ve grown very familiar with this particular stage of human development — this transitional and confusing senior year of high school. I don’t know what else to say. It’s truly a time of great Beauty!

MM: You mentioned to me that your children went to Pioneer and that some of them took Senior Passage with you. How many children do you have? What was the Council experience like with your children who participated in the class?

JR: I have three children, ages 34, 24, and 20. The oldest graduated from Community High School but came over to Pioneer to run track for Brian Westfield, and my other two children both graduated from Pioneer. All three took the class. Wow, what was it like to have them in this class and to experience their Councils? Well, my wife is very jealous that I got to see them in this light. For all three, I offered the option of leaving the room for all or part of their Councils, but all three wanted me there for the entire hour. I must say it was delightful to see them speak so openly and frankly about topics we had never broached before. Remember, most kids by the time they are high school seniors are already engaged in the process of detaching from their parents — some a little more skillfully than others. So much of who they’ve become by the time they are seniors is not always evident to parents, who oftentimes continue to view their son or daughter through a middle school lens. I certainly was guilty of this, so it was eye opening to watch my children operate in this atmosphere of openness and respect, and to listen to my own children field an hour’s worth of questions that forced them to disclose aspects of their own inner worlds that I had never seen before. I learned so much that otherwise would have been lost. The classes were sensitive to keeping the questions focused on them and not on me. I was very moved and honored, like I am with all the Councils.

“There’s a tipping point in the process where our shared humanity begins to outshine the differences that divide us.”

MM: How have parents and administrators responded to the class? Was there a backlash against this curriculum when you tried to get it introduced?

JR: Surprisingly, parents have been very supportive of this class, although there have been exceptions through the years. Because of the sensitive nature of the class, there’s bound to be some push back, but I think most parents are supportive of the class. Senior year is a tough time for students and parents alike, so any efforts aimed at getting everyone through this volatile period are appreciated. At least that’s how I felt about my own children.

Every year we have what is called “Curriculum Night” when parents come in and walk through their child’s daily schedule. They get to spend about 15 minutes with each teacher. I always tell the parents exactly what’s going to take place in this class. I urge them to look at the short film made about the class that is online, and to listen to my TEDx talk if they want a more comprehensive understanding of the experience their son or daughter is about to go through. And after listening to a detailed description of the class and the Council process, the usual response is that they want to take the class too.

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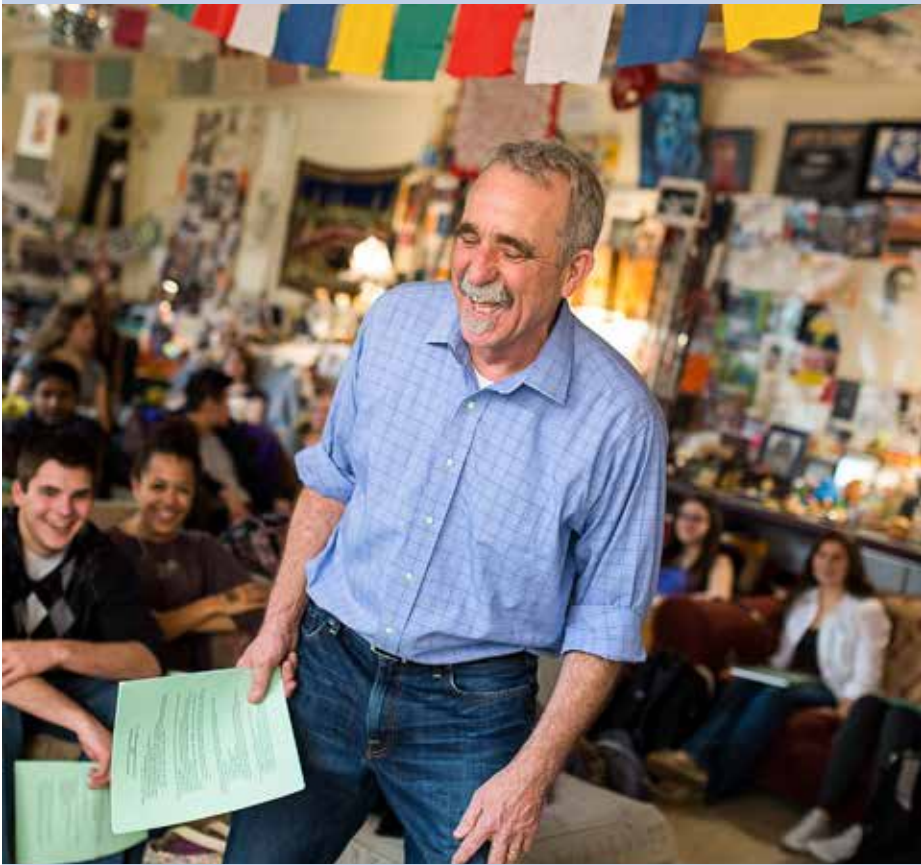
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“Beauty is the word most often expressed from my students when we talk about the Councils.”



“...A sense of belonging is one of the most powerful and persistent hungers in an adolescent’s life. If addressed and developed in a sensitive and thoughtful way, this sense of belonging can later in life blossom into a healthy sense of community that is so vital to our democratic society.”



“Tears and belly laughs — we can move from one to the other in a blink of the eye ...We get to cover the entire spectrum of human emotions each and every day through this experience. It’s raw and unpredictable.”

The Crazy Wisdom Interview with Jim Robert of Pioneer High School

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“...The key ingredient that really began to transform the Council process into something more than just an exercise in philosophy was the rule that during the Council process, only questions can be asked.... No comments, judgments, or expressions of agreement or disagreement — none of those kinds of interactions are allowed during the Council.”

With respect to my colleagues, I think early on many of them were skeptical about the class and they certainly had issues with the physical space being created. But now, as I’ve become one of the senior faculty at Pioneer, I think my colleagues who know me respect what the class has been trying to do through the years, and the younger ones who are new to the building, well, I imagine they probably see my class and me as strange curiosities. But I’m really not sure.

And with respect to administration support, I’ve been fortunate through the years to have had students whose parents were central administrators and members of the board of education come through the class. Likewise, some of the principals I’ve had along the way have also had their own children take the class, so on that front, it’s never really been an issue. What takes place in this class is not as subversive as it might appear at first glance. We’re really just exploring life in hopes of discovering something a little more permanent and lasting than one is used to finding in other classes.

MM: Do you believe there is a greater need for this kind of work in the public schools?

JR: My gut response is to say yes, and there are two reasons why. First, a sense of belonging is one of the most powerful and persistent hungers in an adolescent’s life. If addressed and developed in a sensitive and thoughtful way, this sense of belonging can later in life blossom into a healthy sense of community that is so vital to our democratic society. The skills most needed for a healthy sense of community — learning to understand and embrace a variety of perspectives, becoming comfortable with ambiguity and uncertainty, and the realization that our differences are just as important and necessary as our similarities, are all important skills that need to be cultivated and given more attention in our schools. The Council experience is just one of many possible ways to help students acquire these skills.

Second, the search for an authentic self is one of the most important tasks of adolescence, yet so little time is carved out of our students’ days to do the hard work required in this undertaking. It takes place piecemeal in other classes to be sure, but I do believe there is a place in our schools for a class, maybe not this exact class, but certainly some kind of class that can help students navigate this journey to



“It just doesn’t fly anymore to say that this kind of work is better done at home or in religious institutions, because after teaching this class for 18 years now, I can attest that this just isn’t happening.”

a more authentic sense of self; something that could help them see through all the shiny surface enticements and mass-media induced imaginings of what it means to be an authentic human being; in short, something that can help them grow more comfortable with themselves in a world that seems almost designed to create a false understanding of who they are. It just doesn’t fly anymore to say that this kind of work is better done at home or in religious institutions, because after teaching this class for 18 years now, I can attest that this just isn’t happening.

The information explosion taking place in our young people’s world — the sheer volume of information available at the touch of their fingers — does not come with any instructions on how to process it; how to make meaning out of it. Knowledge is not Wisdom. It’s so much easier today for a young person to lose themselves completely before they even get a chance to begin the search to find themselves. So in this respect, yes, we have to find a way to carve out some time to help our young people with these tasks. My experiences as an educator have taught me that the more at home we are with ourselves and our own inner life, the more at home we become with others and the world.

But I think an even more important and urgent consideration with respect to your last question has to do with the purposes of public education in general. I truly believe we need to do something we’ve never done before in this country, and that is to sit down together and have a vigorous discussion about what we want from our public schools. This is something I’ve had to do on my own and something all teachers have to do on their own once they enter their classroom. What do I ultimately want my students to take out of this class and from their formal education in general? In the early days, I really struggled with this question and with the social pressures that my class wasn’t rigorous or academic enough. Like most teachers, I’d been conditioned to see education as an entirely “head” experience — where concepts, facts, and theories are more important than values, human beings, and community. We still operate our schools under the misguided industrial-age assumption that “rigorous” means lectures, tests, and measurable learning outcomes; as if education is about filling up empty vessels with knowledge. It’s difficult to step away from this perspective, to see education through a different set of lenses. Moreover, the pressures against doing so are increasing rather than decreasing in the current climate of “educational reform.”

Today’s high school seniors are inheriting a very different world than the one we inherited from our parents. I don’t need to enumerate the incredible political, economic, social, environmental, and cultural challenges facing this new generation. We need to understand that most of the problems we face on this planet today were created, wittingly or unwittingly, by highly educated individuals with important titles after their names, who went to some of the best high schools and universities in this country. So the question isn’t whether we need more or less of this kind of work in our schools, but rather do we as a society have the courage to take an honest and thoughtful look at public education, at what it *really* is, and then decide what we want our students to *be* like when they graduate from high school. We need a national dialogue that goes much deeper than the quick fix solutions being offered today. And because we’ve never had such a national conversation, the corporate world has been more than ready to step in and offer its own purposes — testing and more testing at an earlier and earlier age. I’ve yet to meet a parent who wants this for their children, yet this is what is happening today in our public schools. Is the purpose of education merely to help our young people conform to the patterns of the accepted social order, or is there a deeper and more meaningful purpose?

“We need to understand that most of the problems we face on this planet today were created, wittingly or unwittingly, by highly educated individuals with important titles after their names, who went to some of the best high schools and universities in this country.”

MM: As a teacher of 25 years, with 18 years of working on this class, will you be retiring soon and will the class continue after you have retired?

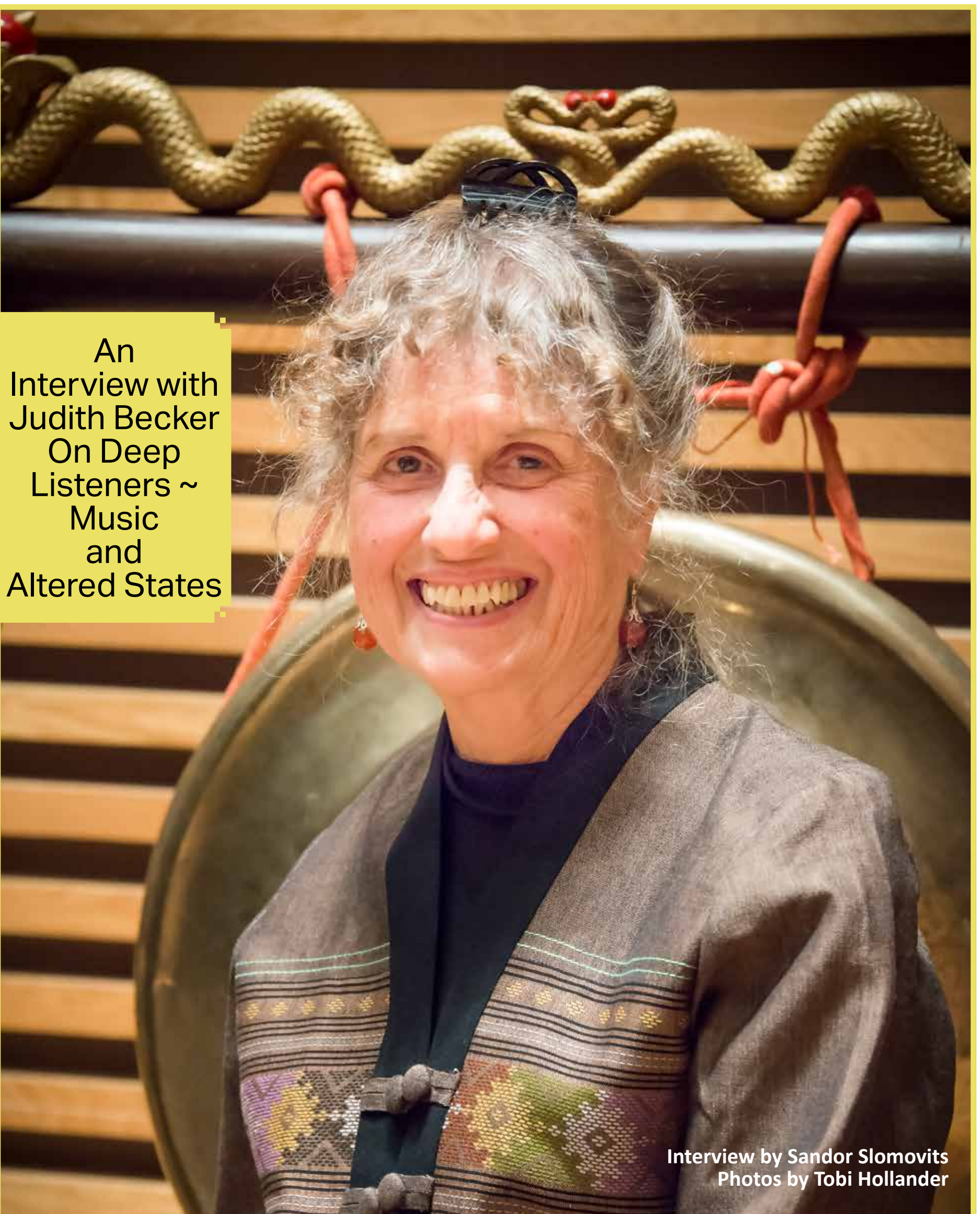
JR: My days are definitely numbered, there’s no getting around that. I turned 59 in June and the energy required to operate at the level needed is not as easy to muster as it once was. I think in many ways, the Council process has kept me young, but in other ways, it has aged me prematurely. One of the problems all aging teachers confront is the distance in time between them and their students. When I first started teaching I was about 17 years older than my seniors. Now I am 40 years older than them. The expanse between us grows more distant each year and it requires greater and greater effort on both our parts to bridge that distance. I suspect there will come a time when it becomes impossible, but as Bob Dylan put it, “It’s not dark yet but it’s gettin’ there.”

I’m also feeling the urge to do some writing; to put some distance between myself and the Council process and see if there is something meaningful I could write about — something that could help both parents and high school seniors navigate that final year of school with a little more grace and light. So there are other things I still want to do with my life. But right now, I still love what I do and as long as I can continue to maintain connections with my students, I’ll keep it going.

As far as what will happen to the class when I retire, well, I haven’t really thought about that very much. Perhaps one of my former students can slide in and take my place and keep it going. We’ll have to wait and see on that one.

MM: Many thanks, JR.

Visit our online home at crazywisdomjournal.squarespace.com to view Jim Robert’s TEDx talk and the documentary Council: A Senior Passage, a short film made by one of his former students.
Jim Robert can be reached at: robert@aaps.k12.mi.us



An
Interview with
Judith Becker
On Deep
Listeners ~
Music
and
Altered States

Interview by Sandor Slomovits
Photos by Tobi Hollander

Judith Becker is Professor Emeritus of Ethnomusicology from the University of Michigan. An authority on the music of Southeast Asia, she is a co-founder of the Center for World Performance Studies at the University of Michigan and was its first director. She was also, for many years, the director of the University gamelan ensemble, which she helped establish in 1967. Her book, *Deep Listeners: Music, Emotion, and Trancing* (Indiana Univ. Press), was awarded the Merriam Prize as the best book published in ethnomusicology in 2004.

Becker is slim, with a warm, welcoming manner, and a lilting musical voice. She is quick to smile and has an easy, almost girlish giggle or a laugh. We talked of her life in music, and particularly of her long held interest in the trancing traditions of different time periods and cultures around the world.

The interview starts on next page

An Interview with Judith Becker — On Deep Listeners: Music and Altered States



Deep Listeners: Music, Emotion, and Trancing was awarded the Merriam Prize as the best book published in ethnomusicology.

Sandor Slomovits: Judith where did you grow up, and please give us some background about yourself?

Judith Becker: I grew up in Bay City, Michigan. I was a piano student and came to the University of Michigan as a piano major. I expected to give small time recitals and teach for the rest of my life, and then I got married, and my husband and I went to Burma in 1958. [Burma is now called Myanmar, pronounced Me-YA-ma.] We were in the Shan Hills, up in the northeastern part of the country, and I was 400 miles from the nearest piano, and we were there for three years. Well, you can imagine what happens to one's chops in three years. And then another thing simultaneously happened. I was surrounded by this music that I couldn't make head nor tail of. I don't know if you've ever heard of Burmese hsaing waing. It is one of the wildest musics in the world.

Sandor Slomovits: Is it like the Indonesian gamelan?

Judith Becker: The music has some relation structurally to gamelan, but the gamelan has a nice, mellow tone. People say, "It's so soothing." The hsaing waing just hits you right between the eyes! It's so loud, it's so percussive, and it's always fast. And it uses this oboe, that same kind of near Eastern oboe, outdoor, very piercing, very penetrating sound, which Westerners don't like. And that's very prominent. So, aurally, if you don't love it, as I now do, you think it's an abomination. The British, of course, thought the whole thing was just unbelievably terrible. They were used to North Indian court music, you know, sitars, sarods, long meditative pieces, not this punch-you-between-the-eyes kind of visceral music that you get from the Burmese hsaing waing. (Laughter) And they play heterophony, they're all playing the same melody, but nobody is playing it the same way. So it violates all of our aesthetic principles!

There was no such thing as ethnomusicology in those days. There was no Nonesuch Records, no exposure to world music. But there I was, up in the Shan Hills, surrounded by this music that was totally baffling. So I decided, "Well, these are sensitive, intelligent people, and they love it. There's got to be something here that I am missing." So I sort of began my education as an ethnomusicologist. And that has made such an impression on me ever since, that you cannot make assumptions about other people's musics by superficial listening.

When we came back in the early 60's, my husband was hired here at the University. By that time there was such a thing as a degree in ethnomusicology, Bill Malm was here, and by that time my curiosity was totally piqued about world music, and so I got a degree. It took me a long time because I had three little kids and I could only take one course at a time — but eventually I did get my degree and was hired here at the University in '72.

Sandor Slomovits: You helped start the gamelan here.

Judith Becker: Actually Bill Malm bought it [the gamelan instruments] and he ran it for six months and decided that it was too much and he turned it over to me. I was a graduate student. He said, "You do it." That was in 1967. I had figured out some things about Burmese music, but gamelan? That was another big mystery. All I had was a recording of gamelan from UCLA, and I listened to it over and over. I also had a couple of transcriptions by Jaap Kunst, the old Dutch scholar. Nowadays we would call him an ethnomusicologist, but of course he wasn't. He was a Dutch civil servant in Indonesia in the early 20th century. He had some transcriptions in his book, *Music in Java*. So I studied the transcriptions, listened to the recording, and tried to figure out what was going on. And I taught our little group a piece, according to what I thought I was hearing. Then the University hired a teacher to come for three weeks from UCLA, basically to teach me, so I could teach the ensemble. And he came, and our little group gathered and he said, "Play something for me." We had one little thing we could play. (Laughter)

I have to preface this by telling you that there are two main centers of gamelan style in Java. What they call the Soloni or Surakarta style and the Djogjakarta style, and those are the two most prestigious styles of gamelan music, and then of course there're many regional variations. So we played this little piece that I had figured out — I thought — and after we finished there was a great long silence... (Laughter) And he said, "Well, there's Djogja style gamelan, and then there's Solo style gamelan, and there are other regional style gamelan, and then... there's Ann Arbor style gamelan." (Laughter)

Sandor Slomovits: I could see that coming! (More laughter) So he spent the three weeks trying to bring the Ann Arbor style closer to one of those two styles?

Becker: Yeah! What he did was teach me. He taught me intensively for three weeks. We spent ten hours a day. And of course I transcribed furiously whatever I could, as much as I could. Then he left, he went back to UCLA. And for all the rest of the year I taught my little group what he'd taught me. And the next fall, fortunately, the School of Music paid again for him to come for another few weeks and we did the same thing. By that time I was ready to do dissertation research and went off to Java and really learned something. (Laughter) When I came back I had my feet on the ground much more, and then I was the director [of the gamelan] for decades, but we always had visiting artists, because I was never like a native. That would take years. I didn't have years. I was never as good as the artists that used to come here, and still come here.

Slomovits: I remember when I moved here in the early 70’s the gamelan used to be more visible than it seems to be now.

Becker: It’s not as visible as it was. We used to give these big dance dramas in Hill Auditorium. I retired from the directorship of the gamelan in 2000. It was taken over by Susan Walton, who teaches in the Residential College, and she managed to get some very high powered musicians to come, so that we’ve had a couple of big Hill performances. But we haven’t had the support from the music school we used to have, mainly because Susan is not in the School of Music, and then the present dean is not very sympathetic to non-Western music, particularly to the gamelan, because it takes up a lot of room that he wants to use for other things. The gamelan is about to be mothballed, unless something dramatic happens.

Slomovits: Trancing is pretty foreign to most of us in the West. If you had to define it for people who have not read your book, *Deep Listeners*, what would you say?

Becker: It’s a different kind of consciousness, an altered state of consciousness. At least possession trance is almost always, I don’t want to say *caused* by music because that doesn’t seem right, let’s say infused by music. It very rarely happens without music, and mostly it happens in a religious context. Of course we have secular trancing at raves and things, but that’s rare as the world goes, it’s almost always within a religious context.

Slomovits: When girls screamed at the early Beatles concerts...

Becker: That’s moving close, definitely... It’s an altered state, which of course is a phrase that William James, the psychologist, used, and it’s still a fairly acceptable term because it doesn’t bear any of the pejorative associations that trance in this country usually does. It’s not something that people understand, or accept. I remember when I first decided I wanted to really make a serious study of the trance phenomenon, particularly possession trance, because that was the kind I used to see so often in Java and had seen in Burma, and had just wondered about...and it was after I had tenure and was well established that I thought, “Now I can do this.” I would tell people that I was studying trance and they would say, “Trance? Yuck!” That was the instantaneous reaction, and I had to feel on very firm ground academically before I could risk it. So, I did it late in my academic life, although my curiosity was piqued very early on, but I thought, “I can’t risk it. Not until I’ve got tenure.” (Laughter)

Slomovits: You write about deep listeners, as you call them, who are different from trancers, but related.... I’ve had numerous experiences when listening to certain pieces of music...sometimes I cry almost uncontrollably, or feel a ferocious rage, or an inexpressible joy. There’s a certain Hungarian gypsy piece, or the ending of *La bohème* for example, that will reliably have that effect on me. Is that what you are referring to when you talk about deep listeners?

Becker: Absolutely! In fact, it was when I started thinking about and trying to figure out why we don’t trance in this country, that I realized that those people are right under my nose and I didn’t notice. They’re what I call the deep listeners. It very often is divorced from religion, but they still have that intensity of reaction. But of course I think they don’t trance because it’s so denigrated in this culture. I think with a little encouragement, and a different culture, they well might trance. But you know, we’ve got to be in control of ourselves.



“...the gamelan has a nice, mellow tone. People say, ‘It’s so soothing.’ The hsaing waing just hits you right between the eyes! It’s so loud, it’s so percussive, and it’s always fast.”

Slomovits: The personal experiences I was talking about invariably happen when I’m alone, because I choose not to permit them happening...

Becker: Exactly! Exactly. There’s a governor that’s keeping control.

Slomovits: If I’m alone in the car, or alone in the house, it can happen, but if there’s anyone around...

Becker: Of course! We have such strong cultural inhibitions that we won’t allow ourselves.

Continued on page 66

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An Interview with Judith Becker

Continued from page 65

Slomovits: You write that trance usually takes place in the context of a community.

Becker: Yes.

Slomovits: If there’s no community that supports it, it can’t happen very easily.

Becker: It very rarely happens in isolation. It’s very much a community event, although it’s only some people within the community that do it. But it’s the community that supports it, encourages it, and *wants* it because it’s a system of communication with spirits or gods, or whatever, with powers outside of ourselves that people want to be in communication with, for all kinds of reasons.

Some religious trancers find the experience not fun, whereas for the deep listeners, it was uniformly positive. It might make them cry, but it was a uniformly positive experience. But for the religious trancers, for some people, it’s not fun at all. They do it, you almost might say, out of duty. Like in Bali, you must communicate with certain kinds of spirits, they often are not particularly benevolent. So you do it because your community needs you to do it, and it can take its toll. Sometimes I found that negative aspect in Sufi trancers, but mostly not. Mostly the Sufis were totally positive about the experience, and of course the deep listeners always are, because that’s totally their own choice. They do it because they love it.

Slomovits: Please talk more about your studies of trancers and deep listeners.

Becker: When I started working with the Pentecostals in Ypsilanti, I had to talk to the pastor, I had to get his permission. I had to explain what I was doing when I first started my study, because I wanted to hook up the trancers with galvanic skin response testers to find out about blood pressure and all of these things. I got permission from the pastor, so I set up my little booth outside, in the lobby of the church, saying this was a University of Michigan study about music and religious ecstasy. I didn’t use the word trance because religious ecstasy is more acceptable. And nobody signed up, nobody. Week after week, nobody. So, my research assistant, who was bolder than I was, said, “The only way this is going to happen is if the pastor makes an announcement from the pulpit.” And I said, “I can’t ask him to do that, I can’t do that. I’m too shy.” He says, “I’m not!” and he tears off and he goes and asks the pastor, “Please, would you announce from the pulpit about us and what we’re doing?” And the Pastor said, “Yes,” and he did. And right away people lined up after church.

Slomovits: You didn’t write about this study in *Deep Listeners*.

Becker: It came after *Deep Listeners*. I had made this hypothesis in the book that there is a connection between deep listeners and trancers, and I made all kinds of physiological claims, which were not demonstrated in any kind of an experiment. What I wanted to do was demonstrate that there actually is something physiological happening. The correlation between deep listeners and trancers was the one I make in this book, and without any real, hard evidence. So I decided that I had to do better than that — that I had to actually show some physiological responses that were similar to trancers and deep listeners, and that other people did not share.

So, I had three groups. I had deep listeners, and they were easy to find in the School of Music, and I had trancers from the Pentecostal church who I had become friends with and who trusted me. And I had people who declared themselves not to be deep listeners. I mean they may like music, but they didn’t cry and do all of the things that deep listeners do. And so I hooked them all up in galvanic skin response, and with earphones, and had them listen to music that they told me was deeply moving for them. And then we had a control music, and then the same for the Pentecostals. And indeed it did show that there was a different physiological response.



“...you cannot make assumptions about other people’s musics by superficial listening.”

Slomovits: What were you measuring?

We were measuring heart rate and pulse and blood pressure, and it was different between the control group — which was not deep listeners and not trancers — and the trancers, and the deep listeners. These people were much more similar to each other than they were to the control group. So that kind of said that at least I was on the right track. It doesn’t really prove anything because it was a small study, because I couldn’t get any funding. I tried so hard to get some funding to do it on a big scale. So I had to fund it myself. I had to pay people to come. I was taking their time. I had to buy the equipment, which was really expensive, but it did prove that there is *some* correlation — I want to be cautious — some correlation between Pentecostal trancers, secular deep listeners, most of whom were from the music school, different from people who were neither trancers nor deep listeners.

Slomovits: You write in *Deep Listeners*, “We need to make a Hegelian move and transform the dichotomy between scientific universalism and humanistic particularity and embrace both as necessary to the study of music and emotion.” In other words, that on the one hand all people are created equal, and yet there’s such diversity between us, that to bridge the boundaries between cultures is very difficult.

“The gamelan is about to be mothballed, unless something dramatic happens.”



“In fact, it was when I started thinking about and trying to figure out why we don’t trance in this country, that I realized that those people are right under my nose and I didn’t notice. They’re what I call the deep listeners.”

Becker: Yes, very difficult.

Slomovits: When you first went to Burma, the music there was neither pleasant nor comprehensible to you, and that has really changed for you.

Becker: Yes. Oh yeah. The more I listened, the more I could make sense of it, and the less resistant I became to the violation of all my aesthetic principles. And then I came to love it, to truly love it, as I do now. But I worked at it.

Slomovits: You write about that in relation to the trancers too, that there is an element of practice there too, that trancers sometimes have to *learn* to trance, and that some traditions even advocate ‘faking’ it at first as a way of learning to do that; working at it, until you no longer need to work at it. In a sense, that’s what you’re describing about your relationship with that music.



“Rhythmic entrainment is such a basic human thing, starting from birth; we become physically entrained to the people around us, because we’re all so unconsciously imitative.”

Becker: Yes, that’s true. In that sense it’s a similar experience. That was a stunner to me, and that was from al-Ghazali, the medieval Islamic mystic Sufi, who talks at great length about learning to trance and he says very explicitly “you start by pretending” and then it becomes not pretense. And the more I thought about it, the more sense it made, that you can learn to trance.

Slomovits: Isn’t that how we learn everything? Playing a C major scale at warp speed is not an innate ability; it’s not a ‘natural’ thing to do with your fingers. It comes naturally after you do it a thousand times.

Becker: That’s true. What is alien at first becomes totally internalized. That’s what we do all our lives, we continually adjust to what’s going on around us.

Slomovits: I was also particularly interested in the part of your book where you discuss the function of music and dance for early humans; that it was perhaps a way of discovering alternate states of consciousness and served to bond people in exploring those various options.

Becker: Rhythmic entrainment is such a basic human thing, starting from birth; we become physically entrained to the people around us, because we’re all so unconsciously imitative. We’re constantly imitating each other. So you get in another culture and you start to constantly imitate those people around you in all kinds of very subtle and very deep ways, in terms of how loud you speak to somebody, how close you stand to somebody, all of these things, which are not natural. (Becker puts air quotes around the word natural.) They’re totally cultural. (Laughter)

“I still have a little trouble going to Western concerts where you just sit there, and you can’t even talk to the person sitting next to you, you can’t move, you can’t do anything.”

I can remember when I first went to Java, one of the things I was struck by was the sensitivity of people to other people. It felt like they all had these antennae out, and I began to think about that image, of people with these antennae out, sensing the people around them, and the environment around them, in these so sensitive ways. And since then I’ve come to realize that we do it too, but we don’t do it so overtly, I think. And then, of course, when I began reading the literature about entrainment and coupling and how this is what all organisms do, amoebas to plants to animals to people, we constantly adjust to each other and everything that’s happening around us, all the time. Every moment of our lives. We’re constantly making these little adjustments, which to me is so wonderful somehow! (Laughter) We never stand still. It’s just totally against living organisms to stand still.

Slomovits: Can you talk a little about how we use music in our culture?

Becker: It isn’t what 99 percent of the world does, to listen to music in isolation. People listen to music in groups, and with much more participation than we do. It’s so profoundly social. I learned this, and I kind of learned it profoundly, and I still have a little trouble going to Western concerts where you just sit there, and you can’t

even talk to the person sitting next to you, you can’t move, you can’t do anything. It seems so unnatural. Of course, it’s natural to the people that do it, but it’s not the way most people do it. But, lots of people get lots of benefit out of, say, listening in solitude. You can change your mood. You can feel comforted. I certainly don’t blame people for doing that, but I would want them to also belong to some folk dance group or something, or learn to play an instrument and play with your buddies, even badly. Do it with people.

Slomovits: You found that trancing is often intertwined with religion and spirituality. What is your religious upbringing?

Becker: I was raised Presbyterian, and they don’t trance! (Laughter)

Slomovits: What about your personal experience of trance or deep listening?

Becker: I am not a deep listener. But I became aware that an awful lot of people I know are. No, I’m not a deep listener, and I’m kind of sorry, I mean I think I’m missing out. I love music, but it doesn’t have that...taking over thing that it does for trancers and deep listeners.

Slomovits: What is your musical life like these days?

Becker: I go to the Quaker Meeting where we don’t have any such thing as music and we sit there quietly. (Long, delighted laughter.) Which is kind of contradictory, but...I go to concerts, performances and enjoy them immensely. I just wish that I, and my culture, were more interactive.

Slomovits: What do you listen to at home?

Becker: Just about anything. I like all kinds of music. I like classical, I like folk, I like rock, I like jazz...it’s all wonderful. And musicians are wonderful people. I’ve been very lucky to have been associated with so many in so many different places, because they really are quite wonderful people.

Slomovits: Before we concluded the interview, I asked Becker if there was anything we’d not talked about that she’d like to see included in the piece. She immediately said no. But then she added, referring to this interview...

Becker: It’s about self-presentation. This is about self-presentation and I’m not heavily invested in my self-presentation. I’m too old, too old to care. (Laughter)



“I’m 81. Old age is good.... To me, it was very liberating to be able to do that [to write *Deep Listeners*], because I was old enough so that I didn’t care what people thought.”

Slomovits: Hopefully we all get to that stage, of being unconcerned about what others think of us. (More laughter) May I ask how old you are?

Becker: I’m 81. Old age is good.

Slomovits: It’s so much better than the alternative. (Laughter)

Becker: To me, it was very liberating to be able to do that, (pointing to the book, *Deep Listeners*, on the coffee table between us) because I was old enough so that I didn’t care what people thought. I know so well — and this is just age, it isn’t because I’ve lived in so many cultures — that what you know of another person is just... (She holds up her thumb and forefinger very close together, in the gesture for “a tiny bit”)

Slomovits: And even less... (Laughter)

Becker: And that’s the way it is, and there’s nothing we can do about it, even people you’re close to.... Human beings are totally mysterious.

####

Sandor Slomovits is a regular contributor to the Crazy Wisdom Community Journal and a professional musician, performing music for children and families with his twin, Laz, in the duo Gemini, and more recently as part of a trio with his daughter, Emily, and their friend, Jacob Warren.

All Creatures Great and Small

If You Could Talk to the Animals ...

By Judy Ramsey



When behavioral issues occur with animal friends, it can be annoying, frightening, or downright dangerous. We interpret their behaviors through our human perspectives and act accordingly. However, an animal’s behavior, influenced by survival issues and past experience, makes sense to that animal. If we understand an animal’s perspective or find a common language, we can discover common ground and a direction for problem solving.

When he wrote *Doctor Doolittle*, Hugh Lofting opened people’s imaginations to animal communication. A century later, telepathic animal communication has come to the fore as a viable service for problem solving between animals and people.

Animal communication is a conversation with your animal friend using telepathy, which is the way animals “talk” to one another. While the skill to communicate telepathically is inherent in everyone, it is often beneficial to use a trained interpreter. A trained interpreter receives images, emotions, colors, and sensations from the animal and translates these non-verbal signals into words. The interpreter also takes a person’s words and concepts and presents them to the animal in ways it can easily understand. With two different languages and ways of communicating, the animal interpreter is a resource to facilitate problem solving between species.

Like many animal communicators, I have spoken with and understood animals since childhood. What began as conversations with pets in play expanded into an intimate exchange with every creature I encountered. (Spiders are especially good communicators — possibly the best listeners in the world.) Nine years ago, I began formal training to refine my communication skills, and practiced extensively with both wild and domestic animals of as many species as I could find. Three years ago, I began communicating professionally, and have helped hundreds of animals and people to negotiate peaceful resolutions to their problems. Many of the animals were recent adoptees. Others had significant illness or challenges in their environment.

There are unknowns when we live with an animal. Many pets are rescues whose history is vague. When we leave home, what happens when we aren’t there? Communication may also be unclear because of fear, illness, or urgency.

Receiving more information from the animal’s perspective can help both parties to see the broader picture. Animal communication opens the door for compassion and for seeing beyond the moment to seek understanding and resolution. Animals often have good solutions. From their perspective, they sometimes have difficulty getting their person to understand what they need.

The following cases are examples of behavioral issues I’ve addressed with animal communication. Names have been changed to preserve confidentiality.

With two different languages and ways of communicating, the animal interpreter is a resource to facilitate problem solving between species.

P.T.S.D. is a common cause of behavioral issues in adoptees. Duke is a seven-year-old Airedale Terrier who was abandoned. Susan, a trainer, adopted him when he was two. She knew Duke had escaped often from his person’s yard and was not neutered. She knew he had lived on the street, but not for how long. He was starved and frightened when he came to Susan’s family.

Although Duke bonded with Susan quickly, he bit reflexively when awakened or approached quickly. When Susan left the house, his separation anxiety made him destroy anything within reach — shoes, books, papers, or food. When he was on leash for walks, Duke went into a rage, a red zone where he didn’t hear or respond, when seeing other dogs. He lunged aggressively toward people, parked cars, and soccer balls, and nipped several people. When visitors came to the house, Duke lunged at the glass door, and he constantly barked in the yard to the neighbors’ distress.

When I arrived at Susan’s home to help, I explained to her and Duke how the session would work and allowed Duke to warm up to me and get comfortable in the room. Susan began listing her questions and concerns. I checked with Duke when concepts were not clear or when I had no words for them, and he offered additional information to help us understand exactly what he wanted us to know. I also took questions, comments, and explanations from Susan, then visualized images and projected feelings to Duke so that he could understand.



Through this facilitated conversation, Susan and Duke made a contract. Instead of being a victim of terror, Duke responded to being given a job of protecting the house when Susan leaves. Previously, Duke would get confined while Susan was away. Now, he has full run of the house, which is a strong motivator for him not to destroy anything. Before, when Susan would leave, Duke didn’t know

if she would return. Now, she tells him that she is leaving and when she will return, and also reminds him of his responsibilities. While we were negotiating his new behavioral contract, Duke asked, “There will be treats involved won’t there?”

Susan added, “Since meeting Judy, Duke is a different dog. We no longer see the deep sorrowfulness in his beautiful brown eyes. He is definitely happier.”

Pain is also a common cause of behavioral issues. Jodie’s veterinarian referred her to an animal communicator for her horse PJ, who, Jodie explained, experienced something traumatic two years ago. “I had been dealing with a horse that had multiple symptoms — physical, emotional, and mental. I changed feed, gave sedatives, pain meds, homeopathic remedies, training aids, and nothing helped. We gave him chiropractic sessions, massages, and even acupuncture, but these lasted only a few days.” Jodie described her horse as angry, anxious, on high alert, and unable to be touched. Multiple tests had been done, but with no conclusive result.

“Grasping at straws,” said Jodie, “my vet asked me to consider an animal communicator. I thought he was crazy. He told me that sometimes the communicator can relay messages to the veterinarian to use as a guide to find where the animal hurts. I was very skeptical. Then, the communicator told me it could be by phone, and I was sure it was a joke!”

While we were negotiating his new behavioral contract, Duke asked, “There will be treats involved won’t there?”



When I worked with PJ, I asked his permission to meld with him. This involves being one with the animal and feeling what he is feeling but in corresponding parts of my own body. With animals, I see areas of dysfunction the same way I do with my clinical clients. It’s as though I have a camera going through the different systems of the body, but the animal is willingly showing me what is going on. In PJ’s case, my background in equine craniosacral therapy was advantageous because I was familiar with the bone structure and pain patterns he was showing me. When I relayed the specific procedures and parts to Jodie, she told her vet, who performed chiropractic techniques on those parts, and PJ got the relief he needed.

“After Judy communicated to PJ, I gave the information to the vet, and he checked all the locations the horse showed her. About 90 percent of them were right on the money. The improvement was astounding,” Jodie explained.

Other behavioral issues are developmental. Acacia, a black-throated monitor lizard at a small zoo, was behaving aggressively, lunging at the window of his enclosure and frightening even his handler, with whom he was very close. When I connected with him, he was despondent.

Recently rescued from a too-small aquarium, Acacia had begun to grow and develop normally within his spacious area at the zoo. That included hormonal growth — he desperately wanted a mate. He was a heartbroken teenager! Because he was so bonded with his handler, we helped him understand that he was frightening her and creating a dangerous situation that did not allow his human friend to enter the enclosure. He responded immediately to this valuable friendship and, while still having growing pains, was able to manage his behavior so they could be together.



Some behavioral issues are simply due to human error. These are the “Aha” moments that surprise us when animal friends really do understand what we want but teach us a different aspect of it. Oscar, the guinea pig, was given the ability to choose what he wanted and *did*! His young person, Tammy, had trained him to ring a certain number of bells for his different needs: one for food, two for water, three for treats, four for running free, and so on, up to eight bells! When Tammy called me, she said, “He’s ringing the same number of bells all the time, and I want to be sure he understands the system.” When I connected with Oscar, he said, “Of course I understand! Didn’t she want me to ring three bells for treats? That’s what I want!” Tammy was able to laugh at herself, saying, “I think I need a different system!”

The animals have so much to teach us. When animal communication is used to solve behavioral issues, it is not unusual for closer ties to develop between animal and human. Animals show us a different perspective and open us up to their world. The communication frequently facilitates a shift from offensive-defensive reactions to productive progress with greater understanding on both sides. It unlocks other aspects of friendship and relationship.

Judy Ramsey has been an interspecies counselor for nine years. For 25 years, she has been a translator, social work counselor, educator, and mediator. She is a craniosacral therapist in Ann Arbor at Head To Toe Therapies. She teaches basic and advanced animal communication, and also provides shamanic animal healing. Visit hearttoheartanimalcommunication.net, or contact Judy at judyramsey777@yahoo.com.

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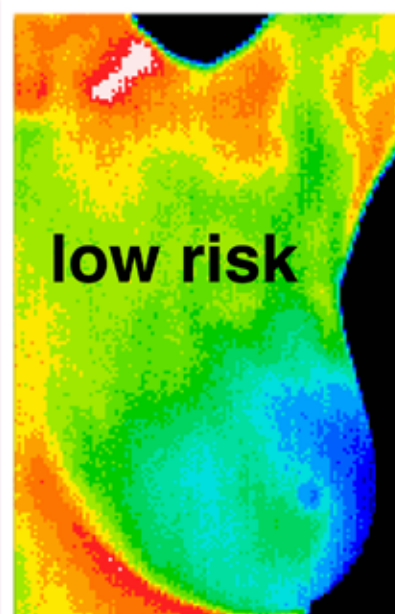
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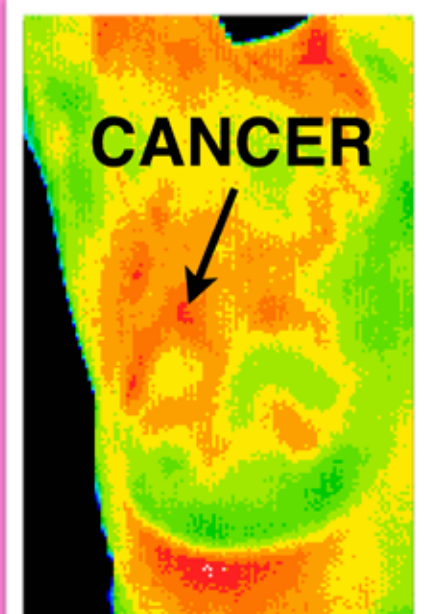
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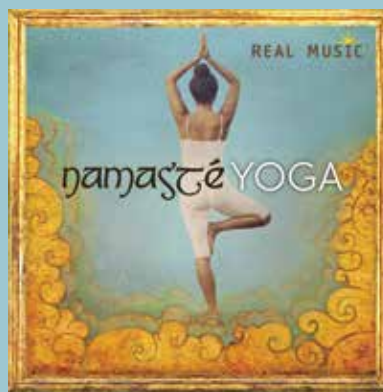
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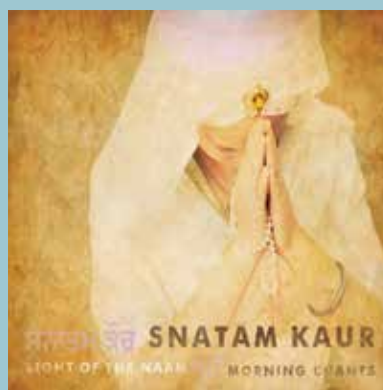
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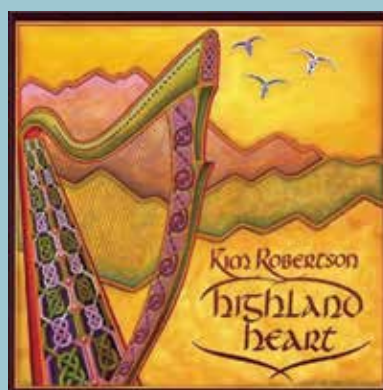
Light of the Naam cd
Morning Chants by Snatam Kaur

The chants in this album are from Kaur's personal daily meditation practice that she has immersed herself in for over 20 years. These chants are known to bring many positive benefits, including internal peace, clarity, healing, and courage. Shelved with Chant music.



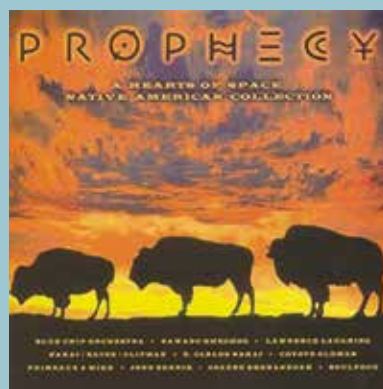
Americana cd
By Putumayo World Music

From Asheville to Austin, contemporary singer-songwriters explore America's rural musical roots. Shelved with Putumayo music.



Highland Heart cd
By Kim Robertson

Robertson's name has become synonymous with the gentle but powerfully evocative Celtic harp, an instrument that has held within its strings and wood the spiritual heartbeat and poetic breath of the Celtic people. Her ability to reach into its strings and pull from it these soothing, hidden treasures has made her one of the most popular harpists performing today. Shelved with Celtic music.



Prophecy cd
A Hearts of Space Native American Collection

These sounds of flute, drum, sacred chant, and ambient soundscapes carry within them a deep reverence for America's mountains, prairies, rivers, and forests. The songs of Prophecy symbolize hope for the unification of the global family, the wisdom of the elders, and the spirit of nature. Shelved with Native American music.



All these CDs are available for purchase at Crazy Wisdom!



"Fill your house with
stacks of books,
in all the crannies
and all the nooks."
— Dr. Seuss



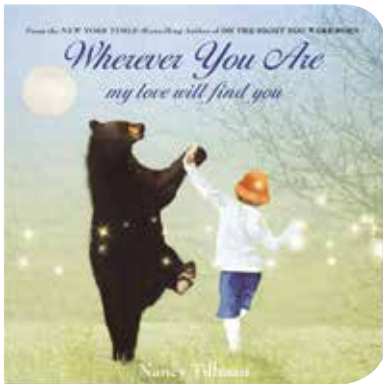
The Crazy Wisdom Kids Section

Book & Media Reviews – Great Kids Books & DVDs
available at Crazy Wisdom in our Children's Section



"There is no
substitute for
books in the
life of a child."
— May Ellen Chase

By Sarah Newland,
Waldorf parent of two children, ages 8 and 15



Where You Are My Love Will Find You

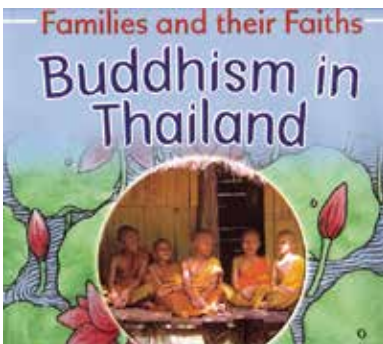
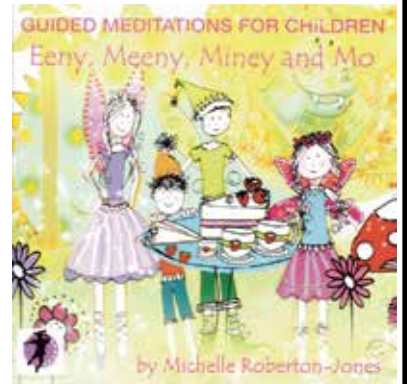
By Nancy Tillman

"This is one of those rare baby books that make both skeptics and sentimentalists of all ages happy." ~Publishers Weekly
One of my current favorite board books, Wherever You Are is a celebration of a parent's love forever – for young ones or a sweet, heartfelt gift at graduation. \$7.99

Eeny, Meeny, Miney and Mo: Guided Meditations for Children

By Michelle Robertson-Jones

These 10 fun, short guided meditations offer children ages 5 and up a chance to interact and explore their imagination. We are introduced to Eeny, Meeny, Miney, and Mo and the Enchanted Forest. \$15.95



Buddhism in Thailand

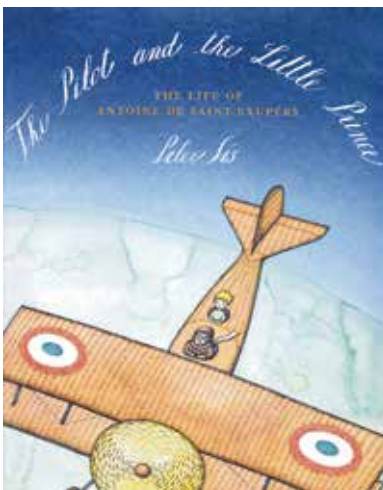
By Frances Hawker

In colorful photographic form, this book gives a personal glimpse of real families and the role their faith plays in everyday life. Part of the Families and Their Faiths series, each book focuses on a young child and is narrated by a grandparent. The author and photographer lives with the local communities in order to give this privileged insight into faiths around the world. \$12.99

Hands & Hearts with 15 Words in American Sign Language

By Donna Jo Napoli

The author writes books that aim to help deaf children learn to read as well as books that include deaf characters. This book is a lovely story about a mother and daughter who visit the beach and includes soft illustrations, including the introduction of 15 ASL words that are easy to learn. \$16.95



The Pilot and the Little Prince: The Life of Antoine Saint-Exupery

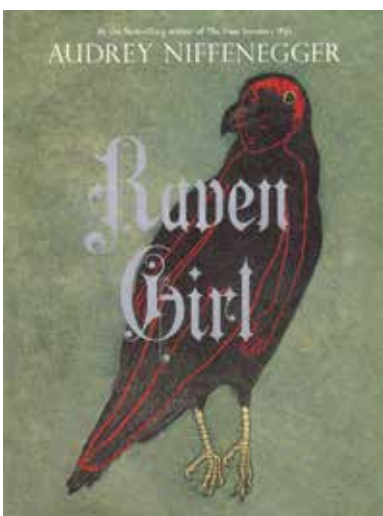
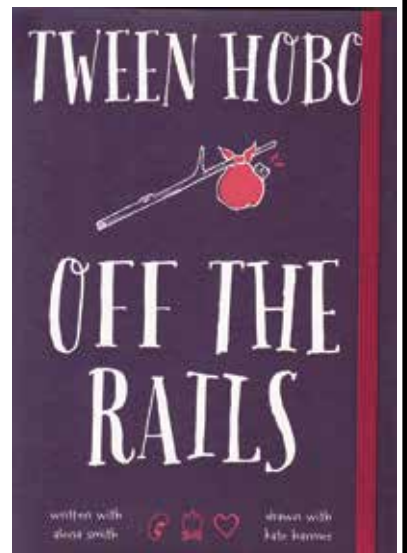
By Peter Sis

This remarkable biography celebrates the author of The Little Prince, one of the world's most beloved books. Saint-Exupery became a pilot in the early 20th century. From his plane, he reflected on life on the earth and in the skies, and this inspired him to write about his experiences. This book is perfect for slightly older readers because of its factual accounts. \$18.99

Off the Rails: Tween Hobo

By Alena Smith

Halfway through fifth grade, a spunky girl packs up her glitter pens and sneaks out of math class to traverse the railroads in search of freedom, adventure, and Justin Bieber tickets. Then she becomes superfamous on Twitter, gets a book deal, and publishes her hilarious and off-the-rails secret diary for all to see. With drawings by Kate Harmer. \$17.99



Raven Girl

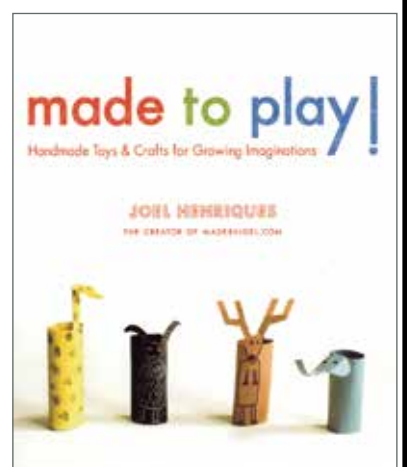
By Audrey Niffenegger

Once there was a postman who fell in love with a raven. So begins the tale of a postman who encounters a fledgling raven while on the edge of his route and decides to bring her home. One of the worlds' most beloved storytellers has crafted a dark fairy tale full of wonderment and longing. Complete with her bewitching etchings, this book explores the bounds of transformation and possibility. \$19.95

Made to Play! Handmade Toys & Crafts for Growing Imaginations

By Joel Henriques

From the creative mind of madebyjoel.com, this book presents 35 small, simple-to-make projects with big results. From sewn and stuffed music instruments to interlocking paper building blocks and wooden animal figures, the projects in this book are sure to spark creative discovery, encourage open-ended play, and delight the young children in your life. \$18.95



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"Books make great gifts because they have whole worlds inside of them."

— Neil Gaiman

Conscious Parenting

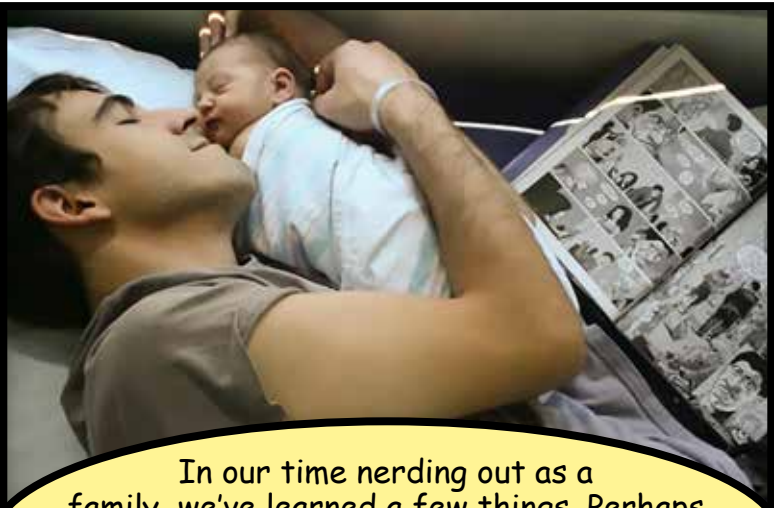
WOW!

Nuzzle! Cuddle! Cram!
Best Comics for Kids
from the Nerdiest Family Alive

GASP!

By Truly Render

I’m raising a nerd. Academic nerdom is totally supported but ultimately my daughter’s prerogative, but in terms of familial and cultural indoctrination, Lila has been knee deep in comics since birth. At a day old, still in hospital, I have a photo of her and her dad, slumbering in a smiley cuddle around an open copy of Willow Wilson’s *Cairo*. Later, at three months, a photo shows our girl grasping sweetly at the quiet, melty comic book pages of *Tiny Titans*. Now at four, Lila is as eager to dawn her Green Lantern ring as she is her tiara. When exasperated, my daughter says the words “sigh!” and “moan!” as if there are a little thought bubbles drifting just above her head. When my friends ask if she is on the princess bandwagon, I hesitate. Not because we don’t belt out *Let It Go* in the car like every other Mouse-fearing American, but because her cartoon du jour is *Justice League*; while Wonder Woman is technically an Amazonian princess, we all know Dianna would rather take a hot poker to the eye then chase a happily ever-after with any man, let alone a Ken-doll eunuch prince.



In our time nerding out as a family, we’ve learned a few things. Perhaps most importantly, we’ve learned that comics aren’t just something to read; they are something a family can bond over.

Perhaps my husband and I could’ve kept our reading preferences to ourselves. We could’ve gone to Vault of Midnight every Wednesday without a kid in tow to pick up that week’s issues. We could’ve hired a sitter and wondered the Comic Con halls child-free. But these work-arounds are way less fun, and they also prove to be a logistical nightmare since my husband is a graphic novelist.

Lila is skeptical of her dad Shaun Manning’s writer creds, since she won’t be allowed to read his books for another 10 years or so. His web-series *Hell, Nebraska* is about a high school teacher that brings actual hell on earth in America’s 37th state, and his original graphic novel, *Interesting Drug*, is about time travel via drug abuse; neither are what you’d call good bedtime material. That said, Lila has shadowed her dad at Chicago Comic Con and has even been his booth babe at the Cincy Con. She’s sketched diligently at his book signings and author events and has schlepped a surprising amount of hardcovers for a skinny kid who weighs 35 pounds sopping wet.



Comics are great tools for developing early reading skills such as sequencing and word recognition; one of Lila’s first read “sight words” was GASP!

In our time nerding out as a family, we’ve learned a few things. Perhaps most importantly, we’ve learned that comics aren’t just something to read; they are something a family can bond over. There are so many options that really are just as entertaining for parents to read aloud as they are for kids to listen to. Plus, comics are great tools for developing early reading skills such as sequencing and word recognition; one of Lila’s first read “sight words” was GASP!

Unfortunately, the “all ages” stamp that publishers use isn’t the best indicator of something that might be age appropriate for younger readers. Violence and cleavage aside, many of these stories would simply be boring for kids. My advice? Browse the comic before you buy it, and don’t be shy about asking questions. And remember: the Ann Arbor District Library has an incredible comics and graphic novel portion of their kids section if you want to take a story out for a test drive. Here is a handful of our family favorites, good for kids ages three to eight.



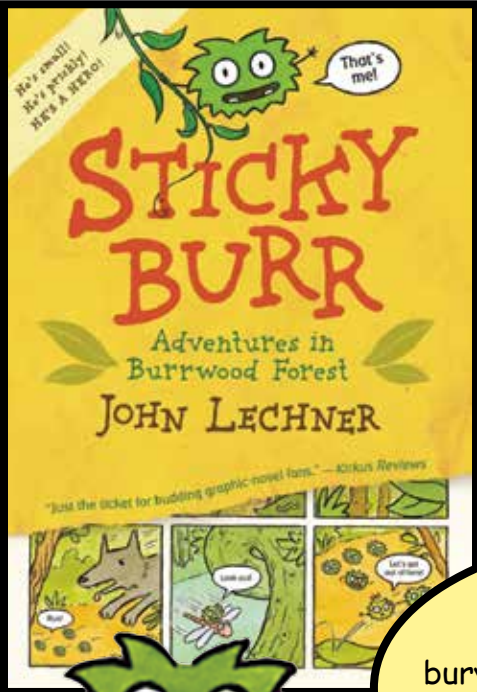
Unfortunately, the “all ages” stamp that publishers use isn’t the best indicator of something that might be age appropriate for younger readers. Violence and cleavage aside, many of these stories would simply be boring for kids.

Chi’s Sweet Home by Kanata Konami
A *New York Times* bestseller and translated into a shocking number of languages, this Japanese manga style

comic series chronicles the life and times of Chi, a mischievous house cat. While the art is expressive, warm, and nothing short of immaculate, it is the sound effects and descriptive copy that really make this story hilarious to read. Chi’s snuggly cat antics are accompanied by exclamations such as “nuzzle!”, “cuddle!”, and “cram!” Pop

NUZZLE!

quiz: what sound does a cat make when burying litter? Answer: skiff, skiff, skiff. Now what four-year old isn’t going to laugh at that?



The Adventures of Sticky Burr by John Lechner

With two books in this sweet series and a companion website featuring printable coloring sheets, drawing pages, and games, these stories are about a ukulele-playing burr named Sticky Burr. Unlike the other burrs in the forest, Sticky does not have a prickly personality, which creates challenges for him as he navigates the world of his coarser peers. The books end with original sheet music, so if you have a uke at home (or just a willing singing voice) you can make music just like Sticky.

Pop quiz: what sound does a cat make when burying litter? Answer: skiff, skiff, skiff. Now what four-year old isn’t going to laugh at that?





***Magic Trixie* by Jill Thompson**

This three-book series follows the adventures of an elementary-school aged witch named Magic Trixie. She's spunky, smart, brave, and thinks she should be able to do everything the grown-up witches in her house do. Nevermind that she can't ride a broom. Or touch the cauldron. Or say words from grandma's spellbook. What Magic Trixie lacks in magic expertise, she makes up for with good humor, warmth, and mistakes well worth making.

MAGIC!

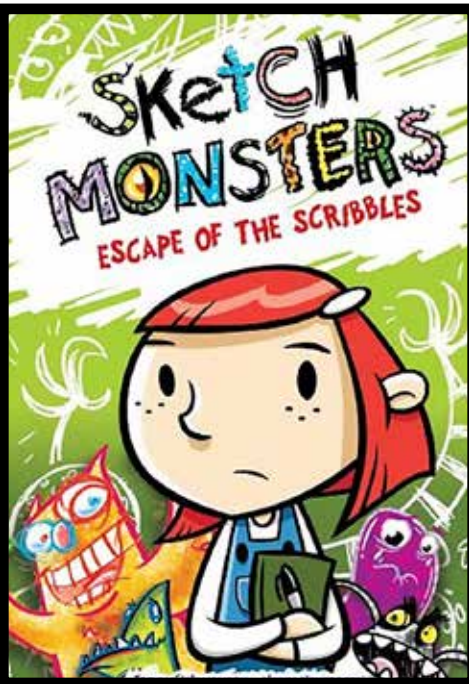
We pay writers

We are looking for good articles about the holistic scene...reportage, personal journaling and essays, profiles, interviews, journalistic explorations, and other feature writing.

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***Sketch Monsters* by Joshua Williamson
and Vinny Navarrete**

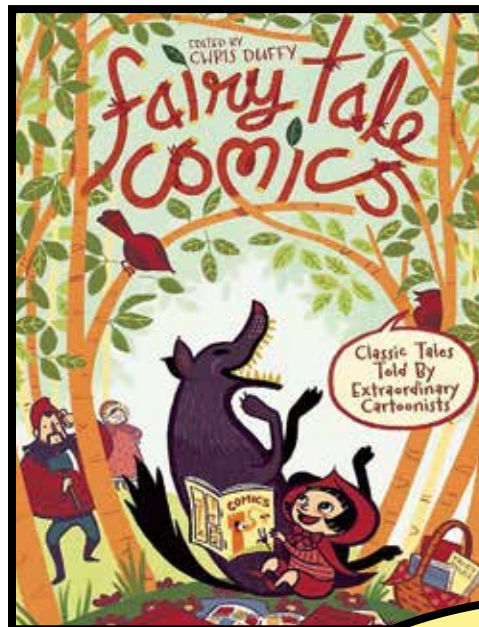
What's a girl to do when she just can't find the words to express her emotions? Draw monsters, of course! This tactic starts out all well and good, but what happens when the monsters come to life and escape the sketchbook? This playfully rendered story stars the sarcastic but sweet nine-year-old Mandy who is kept plenty busy chasing down her escaped monsters. Can she catch them all? Let's hope so, because those beasts sure know how to make a mess.



MONSTERS!

Mermin by Joey Weiser

When a fish-boy prince washes ashore, a group of neighborhood kids make a pact to befriend him and give him shelter from the sinister sea-forces he's running from. The relationships in this story are remarkably genuine, giving the characters plenty of room to grow as they learn new things about their world, each other, and what being a loyal pal is all about.



Fairy Tale Comics

edited by Chris Duffy

This hard-cover anthology features fairy tales from all over the world as told by royalty of the indie graphic novel scene. Readers will get to know tales from Russia, Japan, and the Arab world alongside some of the more well-traveled European favorites like *Snow White*, *Little Red Riding Hood*, and *Hansel and Gretel*. Plus, the stories are told in their original form. The archaic nature of the stories combined with the contemporary, expressive art of comics makes for some serious laugh-out-loud moments.



Holy Cow!
Atta-Girl
Atta-Boy



***Tiny Titans* by Art Baltazar and Franco**

He knows exactly what young readers like about superheroes; it isn't so much the plots but the superhero identities that kids are suckers for. The *Tiny Titans* are a group of superhero kids, mutants, and pets that don't exactly save the world as much as they get in trouble for making epic messes in the batcave.



Comics are nerdy. But nerdy is cool. Just ask Huey Lewis. So embrace your inner geek, broaden your family's reading horizons, and don't have to do cosplay. Yet.

Truly Render is the Press & Marketing Manager for the University Musical Society. When not at work or enjoying Michigan's vibrant cultural offerings, you can find her getting her face splashed off at a community pool or cuddled up in a book nest with her family. You can contact Truly at truly.render@gmail.com.

Music and Movement for the Very Young:

Gari Stein Adds “Baby and You” Class to Her Offerings

By Nieka Apell • Photos by Tobi Hollander



Stein’s “Baby and You” classes begin with a lullaby to bring the group together, and then include a variety of gentle, slow-paced activities that both stimulate and calm the babies.

Many Ann Arborites are familiar with the name Gari Stein and her acclaimed music classes and curricula for children. What families with young children may not be aware of, however, are her group classes for babies as young as three months old with their caregivers. “I just have a passion for working with babies,” said Stein. “I just love it, and I know how beneficial it is to caregivers and to the babies. I want people to know what music and movement can offer, even to the very young.”

Stein has a degree in psychology with a focus on infant mental health, and a dance minor. She moved to Ann Arbor in the early 1990s and started her business Music for Little Folks, a music school for infants, toddlers, preschoolers, and the caregivers who love them. The music school began by bringing music and dance into area preschools and daycare centers. “I didn’t really have a specific life plan,” she explained. “It just evolved. I’ve always loved music and sharing music. I don’t necessarily think of myself as a musician, though. I can’t claim to have the best singing voice. But what I have is a love of working with babies and with children, and I love helping families put music into their lives. That is just such a special thing to be able to do for people.”

“The focus of the class time is music, but it’s not just a time for music. It’s also a time for parenting support. You don’t just come and go; you stay and talk and connect with others at a similar stage in life.”

— Gari Stein

Stein authored *The More We Get Together* and developed the “Sing with Me” and the “How to Sing and Dance” series to help families bring music and movement into their homes, and then began offering classes for children at her home studio in Ann Arbor. These popular classes continue, but Stein said that she currently sees a real need for classes geared toward the youngest children, babies three months to pre-walkers. She calls these her “Baby and You” classes, which she will hold either in her studio or remotely in others’ homes for moms’ or caregivers’ groups. Stein explained that many parents of babies feel very isolated. “They can’t often get out of the house to socialize and to just be with other parents. The focus of the class time is music, but it’s not just a time for music. It’s also a time for parenting support. You don’t just come and go; you stay and talk and connect with others at a similar stage in life,” she said, emphasizing that “these classes are not just about the music. It’s about the support and sharing of concerns and resources.”

Stein’s “Baby and You” classes begin with a lullaby to bring the group together, and then include a variety of gentle, slow-paced activities that both stimulate and calm the babies. “It’s about working on the brain-body connection,” explained Stein. “The size of babies’ brains doubles in the first year, so anything we can do to develop those neurological pathways is beneficial.” These classes are based on the



Gari and baby

“I just have a passion for working with babies. I just love it, and I know how beneficial it is to caregivers and to the babies. I want people to know what music and movement can offer, even to the very young.”

— Gari Stein

Nurturing Pathways program, a research-based curriculum aimed at promoting healthy development of babies' bodies and brains and at strengthening the connection between babies and the people who love them. Babies will bounce on exercise balls, take bedsheet rides, and enjoy folk dances, waltzes, massage, and Mother Goose rhymes with the help of their caregivers. "The goal is to use music, movement, touch, and interpersonal connection to stimulate the babies' brains and to have fun together," explained Stein. For these youngest children, Stein focuses on songs that caregivers can incorporate into daily routines. "We might learn a song that can go along with diapering or dressing," said Stein. "We find opportunities to bring music and body movement into the tasks that happen often and are often a bit mundane. They don't have to be! They can always pick up a baby and dance. A baby — or a parent — can be cranky and then you put on a favorite piece of music and everything feels better." Stein said that one mom recently told her that these classes "remind her that there is still peace and calm in this world." To keep the focus on the babies, older siblings are not invited to the "Baby and You" classes.

"The goal is to use music, movement, touch, and interpersonal connection to stimulate the babies' brains and to have fun together."

— Gari Stein

Stein has taught her classes for children of all ages for more than 20 years, and these continue in her home studio in Ann Arbor. These mixed-age classes (for children birth through elementary school) begin with side-to-side rocking and movement to help participants feel centered, and then move to more up-tempo activities including finger plays, chants, folk dances, play with ribbons and scarves, "rock and row" with caregivers and kids holding hands and moving together, and listening to and talking about different types of sound effects. "This is a process-oriented class," explained Stein. "It's not about learning the songs or learning a dance to perform. It's about experiencing music together — together with parents, siblings, friends — and finding joy in that."

Stein emphasized that her classes are different from other programs. "This isn't the kind of class where kids just sit together on a parent's lap or where they are required to do exactly what everyone else is doing all the time," she explained. "It's structured, but also always informal. The kids are always free to move around the room. As long as they are not hurting anyone else or making it hard for someone else to participate, they are free to move, to wander, to explore. I encourage parents to allow that." At the end of each class is what Stein calls the "snack and chat" time. The children eat snacks together and enjoy some free play with different musical instruments, while parents sit together, share articles and resources, and talk about any issues they are facing. Stein said that playgroups are often born from her classes and that participants provide support for one another during times of stress and change, such as illness, new babies, and so on. Stein said that limited scholarships are available for her classes and that she does not turn people away for inability to pay the class fees. "I help find a way to make it work," she said. For both baby and young child classes, families may join a class session at any time.

In addition to class sessions, Stein is one of the leaders of the popular "Dancing Babies" series held at the Ann Arbor District Library. She also holds similar programs for libraries and groups in the area, sharing her message of the benefits of music for young children and their families. "I've always felt that there is more music geared for older children," said Stein. "There are more music programs and opportunities for kids starting in the upper elementary grades." Stein said that she sees a need



for programs for babies through second grade. She said that parents and caregivers often enjoy these programs as much — or more — than the children. She described a recent family dance program where she saw dads initially looking a bit skeptical, as if they weren't sure they wanted to take part. "In the end, it was obvious that the dads had the best time!" said Stein. "A dad came up to me telling me that the workshop was as much fun for him as for the kids. He really enjoyed it!"



Babies will bounce on exercise balls, take bedsheet rides, and enjoy folk dances, waltzes, massage, and Mother Goose rhymes with the help of their caregivers.

Above all, Stein emphasizes that infusing our lives with music and the joy it brings does not need to be complicated or expensive. Stein recalled that last winter was exceptionally difficult and isolating for many parents in the area. "I really noticed how it affected people," she said. "As we look toward another Midwestern winter, it's important to remember that music is something that can bring joy and that can bring people together. It's positive, and it brings people together. Just getting up, just moving will make you feel better," she said. Stein encourages families to bring out simple things like scarves or maracas or to just put on a favorite piece of music. "It's easy. It doesn't cost anything. So often now, we are competing for each other's attention with our phones, our electronic devices. We think we need these things to be part of the future and to make sure that our kids are a part of it." She cautions, however, that electronic devices can't take the place of real interpersonal connections. "We feel so much pressure to make sure we are helping our children advance, but children and what they really need hasn't changed that much, has it?" she asked. "We need to make time for meaningful connections, for the social piece, for body awareness. Music and dance helps with all of that." Stein said that enhancing personal relationships through music is one of her life's goals. "I'm on a mission," she explained. "I'm not a young person anymore, but as long as I can get up and move and know my name in the morning, then I have a mission to keep bringing music into young people's lives."

Stein encourages parents and caregivers with an interest in her classes to contact her. "I can create a new 'Baby and You' class whenever there is a desire for one," said Stein. Mixed-age classes begin in September, but can be joined at any time.

To find out more about Gari Stein's classes and her workshops at area libraries, visit her website at www.little-folks-music.com/, or call (734) 741-1510, or email garistein@aol.com.

New, Fun, and Just Plain Cool

Crazy
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Kids in the Community

If you'd like to be considered for inclusion in the next Crazy Wisdom Kids column, please contact our columnist at cwkidscolumn@crazywisdom.net. The deadline for submissions for the January through April 2015 issue is November 1, 2014.

By Nieka Apell



Kids Read Comics (KRC) and Dan Mishkin

As Truly Render explains in the Conscious Parenting column (this issue, p. 72), "Comics aren't just something to read; they are something a family can bond over." Comic author and founding member of Kids Read Comics Dan Mishkin would certainly agree. "We really believe with Kids Read Comics that we have the opportunity to change lives in very positive ways," said Mishkin.

Kids Read Comics (KRC) was established in 2009 and is dedicated to sharing the message that reading and writing comic books and graphic novels can enrich young people's lives, enhance their reading skills, and serve as vehicles for self-expression. Mishkin's own love for comics began at just five years old when he opened an issue of *Sugar & Spike*, a series about toddlers who communicate in baby talk that grown-ups cannot understand. "I think I immediately glommed onto the endless possibilities of comics — the universe-wide canvas on which anything that can be imagined and can be made real — and I always had a mind equipped for immersion in stories and a desire to tell stories of my own," he explained. After earning a degree in American studies through the liberal arts residence college at Michigan State, Mishkin spent time in graduate school and working in bookstores, and sold his first comics story in his mid-twenties. "Writing has really been the focus of my professional life," he said. "I was lucky enough to have the chance to create my own characters in their own series at DC Comics fairly early in my career (the reluctant superhero Blue Devil and Amethyst, Princess of Gemworld), but over time the comic book publishers focused more and more on older readers while I was always interested in writing for your people."

"We really believe with Kids Read Comics that we have the opportunity to change lives in very positive ways."
—Dan Mishkin

Unfortunately, Mishkin said that many children now have limited exposure to comics — comic book shops aren't always easy for kids to find, and many stock titles are increasingly aimed at older readers. "The biggest motivation for starting Kids Read Comics was the belief that comics can have a huge positive impact on the lives of young people, but that too many of those kids and teens had no easy way to connect with comics," said Mishkin. Though it has become more difficult for younger children to have access to

To celebrate the comic and graphic novel genres and all they have to offer, KRC holds an annual Kids Read Comics Convention at the downtown Ann Arbor District Library.



comics, Mishkin and the other co-founders of KRC have also noticed very positive changes occurring in the comic publishing industry in recent years. "Trade book publishers started getting more interested in comics, and the web opened up a new outlet for publishing one's own stories cheaply — cheap except for the investment of time, of course. That was something we thought we could build on and call to the attention of kids, teens, parents, teachers, and librarians," said Mishkin.

Although Mishkin and other professionals interested in comics recognized their benefits and the need for a group to disseminate information about quality comics, he said that the genesis of the KRC organization required "an element of luck." Edith Donnell, a teen and youth librarian at Chelsea District Library, had wanted to put together a library-based comic book convention, and Mishkin had just attended the first Kids' Comic Con. Dan Merritt, the co-owner of Green Brain Comics in Dearborn, was also a strong proponent of comics for young readers. "The luck part was that Jerzy Drozd, a teaching cartoonist in Ann Arbor, knew both Edith and Dan and shared our interest," said Mishkin. The group of four became the leadership team of the emerging organization. "Having four people who come at comics from different professional angles but with a shared commitment keeps our perspective broad and our mission focused," said Mishkin.

The mission of KRC hinges upon the co-founders' shared love for comics and their belief that comics shaped their lives for the better. "Comics expand horizons and open up

Workshops include drawing sessions where young artists learn about creating comic strips, from improvisational drawing and developing strong characters to "drawing wacky people from funny shapes."



KRC Vordak the Incomprehensible

new worlds to explore; they engage young minds not only with their content and their immediacy, but in developing the skills of visual and narrative understanding (because the task of decoding a narrative that’s told in both words and pictures is more complex than it might seem); and they provide a tremendous outlet for creativity,” Mishkin explained.

To celebrate the comic and graphic novel genres and all they have to offer, KRC holds an annual Kids Read Comics Convention at the downtown Ann Arbor District Library. It held its sixth convention this past June, attracting thousands of children, families, educators, and authors. All of the workshops, presentations, and events at this convention are free and open to children of all ages. Children have the opportunity to meet and talk with comics and animation professionals, as well as have their own comic and art portfolios reviewed by professionals. The convention also includes a vendor fair where children can meet comic authors and purchase their publications. Workshops include drawing sessions where young artists learn about creating comic strips, from improvisational drawing and developing strong characters to “drawing wacky people from funny shapes,” (which teaches kids how to create characters from scribbles). Each convention also hosts visits from well-known comic artists and writers. A featured professional for the 2014 convention was Matthew Holm, half of the brother/sister team responsible for both the *Babymouse* and *Squish* series. Previous writers and artists include Raina Telgemeier (*Smile, Drama, Sisters*), Ruth McNally Barshaw (*The Ellie McDoodle Diaries*), and Ben Hatke (*Zita the Spacegirl*).

The KRC weekend event is preceded by a one-day conference for teachers and librarians, held on the campus of the University of Michigan. “A related mission of KRC goes back to those professionals — educators and librarians — who may need to beef up their own skills and toolkits to use comics effectively with the young people they serve,” said Mishkin. While many educators are becoming familiar with more well-known comics, some still consider the genre to be a “lesser form of narrative,” according to Mishkin. He said that KRC addresses this idea by showing educators how much variety there is in comics and how rich the content can be. “The unique qualities of comics can accomplish goals that other media cannot,” he explained. “In the growing area of nonfiction comics, we see that visual narrative can bring clarity to confusing subjects — not simplifying or dumbing down but rendering something that’s complex in a way the mind can hold onto without sinking under the weight of information conveyed by words alone.” Mishkin said that KRC’s work with teachers is especially important in this regard, since they show teachers how an activity such as having a student draw a comic can actually help them better understand complicated academic content.



KRC Babymouse

“Comics in and of themselves, not just as an instrument to accomplish other goals, are worth reading for anyone — from young to old, from beginning reader to Shakespeare scholar.”
—Dan Mishkin

Similarly, Mishkin acknowledged that some educators who know about the value of comics in the classroom still see them simply as a stepping stone to other kinds of reading.

“There’s ample reason to believe that comics can be a big help to reluctant or

development readers,” he said. He goes on, however, to caution educators and parents not to “fall into the trap of thinking that’s the only reason to put comics in front of young people.” He explained: “Saying ‘Comics are a great literacy tool!’ can end up being another way of treating them as ‘lesser.’ Comics in and of themselves, not just as an instrument to accomplish other goals, are worth reading for anyone — from young to old, from beginning reader to Shakespeare scholar.”

With the wealth of high-quality comics now available, Mishkin acknowledges that knowing where to start when choosing titles for children can be overwhelming. For educators and parents who need advice, Mishkin recommends starting with *A Parent’s Guide to the Best Kids’ Comics: Choosing Titles Your Children Will Love*, a comprehensive look at comics and graphic novels compiled by two librarians who review 100 age-appropriate books and recommend another 750 for children from pre-Kindergarten through eighth grade. That book is available at Green Brain Comics in Dearborn (www.greenbrain.biz). In addition, Mishkin recommends the following websites for reviews of comics for young readers:

All Ages Graphic Novels
www.allagesgraphicnovels.blogspot.com

All Ages Reads
allagesreads.blogspot.com

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Good Comics for Kids
blogs.slj.com/goodcomicsforkids

Graphic Classroom
www.graphicclassroom.org

No Flying No Tights
www.noflyingnotights.com

Out from the Comic Shop — Comics Resources for Educators
www.outfromthecomishop.com

While the annual convention is the most well-known program sponsored by the organization, KRC offers other opportunities for teachers, librarians, and children to learn more about comics. Mishkin said that KRC has contacts with comic book writers and artists who will do workshops at libraries and schools in southeastern Michigan. In addition, cartoonist and educator Jerzy Drozd conducts free workshops for children and adults at the Ann Arbor District Library, including his popular “Super Comics Challenge” series that helps participants create fortresses, heroes, and villains and provides drawing challenges. For information about the KRC annual event or to inquire about author/artist school workshops, visit the KRC website at www.kidsreadcomics.org. To find dates for upcoming workshops by Jerzy Drozd and other comic writers at AADL, visit their website at www.aadl.org/events.

As enthusiasm for the comic genre grows, Mishkin hopes the programs coordinated by KRC will as well. The group continues to coordinate with people and organizations with similar missions, including Kids’ Comic Con, the literacy organization Reading With Pictures, kids’ comic book conventions around the country, and others, to build a nationwide network of comics creators who could lead engaging activities for young people. “That, in turn, would help us help other libraries to put on KRC-like events, a goal we’d also want to support by putting together a guide to how it’s done. It would be great to build relationships with schools and libraries in nearby places suffering from depressed economic circumstances, and either take programs to them or find ways to bring kids from those areas to Ann Arbor so they can have the positive exposure to comics and creativity that we’d like all kids to experience.”

Mishkin’s latest work, the non-fiction graphic novel *The Warren Commission Report: A Graphic Investigation into the Kennedy Assassination*, is aimed at readers from middle school age and up and is available at local and on-line retailers.

For more information about Kids Read Comics, visit www.kidsreadcomics.org or contact Dan Mishkin at dmishkin@gmail.com.



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Kids in the Community

Feature continued from page 77



The Art of Roughhousing

When Ann Arbor resident Anthony DeBenedet's first daughter, Ava, was just over two years old, he felt a lack of connection in their relationship. "I felt I was on the road to real disconnection from her," he said. "I'd come home, and she'd almost run away from me. She wanted Mommy to do bedtime, Mommy to play with her. I thought: *This is totally not working. I am failing!*" DeBenedet explained that, as parents, one of the things we want most is that feeling of connection with our children. "I didn't have that with Ava," he said. So one night, he decided to try something new, and he asked Ava, "Do you want to go on a journey with me to a land of flying machines?" "I had absolutely no idea where I was going with it at the time. But she jumped on my back, and I started counting down 5, 4, 3, 2, like a rocket ship getting ready to blast off, and we ran around the house like crazy together and suddenly she was totally giggling!" When they finished their adventure, he asked Ava if he could get her ready for bed, and she replied, "No, Mommy needs to do bedtime!" DeBenedet was initially discouraged. "I thought *No! I've failed again!* And then Ava looked at me and asked, 'But can we do that again tomorrow night?'"



DeBenedet said that he knew he was on to something important when he realized how Ava responded to the physical, imaginative play commonly called "roughhousing." "What I realized is that for Ava and me, getting down on the floor and wrestling, becoming rocket ships and blasting off, being stranded on couch cushions surrounded by hungry sharks, this kind of roughhousing really helped us build connection," he said. "I could feel our sense of connection growing."

DeBenedet explained that roughhousing — at least for children ages two through eight — is just what one would think it is: pillow fights, wrestling, rolling on the ground, jumping off things, piggyback rides.

Convinced that roughhousing offers something important to the relationships between parents and young children, DeBenedet began to explore the science behind what he felt happening. A practicing gastroenterologist and internist, he knew there were physical explanations behind what he saw and felt happening. In addition, his own background guided his interest. "On the one hand, I had a father who was a professional hockey player and five brothers," said DeBenedet. "My dad's way of interacting with us was to rev it up! On the other hand, my mother is an ER nurse who had seen every kind of horrible injury. My mom was afraid of chaotic, rough play. All of this just kept circling in my head as a scientist," said DeBenedet. He discovered research conducted in the 1970s on the effects of roughhousing with children. "That research showed that what they called 'rough and tumble' play — what we call roughhousing — has a big bang for the buck for both boys and girls." DeBenedet explained that roughhousing — at least for children ages two through eight — is just what one would think it is: pillow fights, wrestling, rolling

on the ground, jumping off things, piggyback rides. For children over eight, roughhousing may include more physical challenges, such as asking a child to balance on a parking beam or jump across a small creek.

DeBenedet noticed that most families did not incorporate it into their play. "We've become ultra-sensitive parents, what many call 'helicopter parents.' We are just so obsessed with safety. Safety first has become safety only," he said, noting that more injuries happen when children venture off to test their physical limits independently rather than learning how to test them safely with parental guidance. DeBenedet knew that he wanted to share his discoveries about the importance and benefits of roughhousing, but felt he could not do it on his own. "With my science and medical background, I could speak [...] to what's going on with kids' brains when they roughhouse and how to do it safely. But I'm not a sociologist or a child psychologist." DeBenedet learned of the work of Larry Cohen and his book *Playful Parenting*. Cohen includes just a few pages about roughhousing in his book. "I cold-called him and explained that I felt there was just so much more to be said about this specific kind of play," he said. Cohen agreed to collaborate, and their book *The Art of Roughhousing* was published in 2011 to critical acclaim. "The response was overwhelmingly positive," said DeBenedet. "We had *The Today Show* in my living room, and positive reviews by major newspapers." DeBenedet cautions parents, however, not to feel that their book is the answer to all our parenting dilemmas. "We are overwhelmed by parenting tips, by the hundreds of parenting books out there promising all kinds of things. My feeling is that there is no one book that can provide a map for how

The Art of Roughhousing

Good
Old-Fashioned
Horseplay
and Why
Every Kid
Needs It

By ANTHONY T. DeBENEDET, M.D.
AND LAWRENCE J. COHEN, Ph.D.



The Art of Roughhousing was published in 2011 to critical acclaim. "The response was overwhelmingly positive," said DeBenedet. "We had *The Today Show* in my living room, and positive reviews by major newspapers."



you should parent. Instead, our goal as authors is just to provide one more tool for parents’ toolboxes. This is not a magic bullet, but there is science behind it that supports it.”

The science that DeBenedet speaks of relates to how roughhousing improves intelligence, creativity, and connection for children and their parents. “There are three main aspects of intelligence — IQ, emotional intelligence, and social intelligence — and roughhousing hits all three of these,” he explained. The first aspect, IQ, is related to “book smarts, memorizing, and problem-solving,” said DeBenedet. He explained that the brain releases a chemical called brain-derived neurotrophic factor (BDNF). “I like to call this the ‘fertilizer’ for kids’ brains,” he said, adding that peak brain development happens between ages two and ten. “When our brains are active is when this fertilizer can do its best work. During roughhousing, there is so much going on to activate the different parts of the brain. Kids are wondering ‘What’s dad going to do next?’ That activates the cortex. Kids are sensing where their bodies are in space and that activates the cerebellum. They are thinking about how they feel and that activates the limbic system. While these things are activated, the BDNF is being produced and that fertilizer can be sprinkled. It is the essence of brain development!” DeBenedet noted that while adults achieve some brain benefits during times of intense exercise, the effects on children are much more powerful. “It’s a similar process, but the closest analogy I can draw would be running a marathon while reading a book while getting a huge hug, all at the same time!”



“What I realized is that for Ava and me, getting down on the floor and wrestling, becoming rocket ships and blasting off, being stranded on couch cushions surrounded by hungry sharks, this kind of roughhousing really helped us build connection.”
– Anthony T. DeBenedet

Emotional and social intelligence are also enhanced by roughhousing, according to DeBenedet. He defines emotional intelligence as understanding our own emotions and the emotions of others, both of which are key to happiness and success in life. “What we know about roughhousing is that there’s a natural energy arc. There’s a rev-up period, a peak of highest energy, and then a wind-down period,” he said. DeBenedet explained that parents who roughhouse with their kids often get concerned and stop active play when it gets too “rowdy” because they are afraid kids will get hurt. He cautioned, “When we stop at the top of the energy arc, kids have no idea what to do with those emotions and that energy,” leading to frustration and poor behavior. DeBenedet said roughhousing works best on a 30-minute arc, with 5 to 10 minutes of revving up, 5 to 10 minutes near the peak energy, and 5 to 10 minutes of conscious rev down. His book includes strategies to help parents with the rev down time, including encouraging kids to “freeze” the action or to engage in exaggerated, super slow-motion movements. Rather than announcing, “Time to wind down now!” DeBenedet suggests that modeling the slow-motion actions will help them calm their own emotions. For times when peak action may get too intense, he suggests that families establish a code word for anyone to use in order to “pause” the play: “I recommend that families choose something silly like ‘cheesecake’ that anyone can use at any time to stop the action if things feel too intense or if someone just needs to catch their breath.”

Kids’ social intelligence is also improved by roughhousing, according to DeBenedet, who describes social intelligence as “learning when to be a leader and when to be a follower.” DeBenedet said that leadership in our society is often over-emphasized. “We need to learn to be better followers. Followership is where contentment is found. It creates that sense of belonging, togetherness, and community. Many people don’t understand what it means to follow and why that’s important. In life and in work, so much of what we do is following. When you hear of people who are lonely and who feel disconnected, it’s often because they don’t know how to follow and to be part of a community,” he said. “Roughhousing is all about give and take. It’s a constant shifting, without a defined leader. This is not the kind of rough play that means having someone tickle you until you pee.” DeBenedet generally discourages tickling, since it is overpowering and creates non-genuine laughter that masks sincere emotion.

“There are three main aspects of intelligence — IQ, emotional intelligence, and social intelligence — and roughhousing hits all three of these.”

Another skill related to social intelligence that roughhousing helps to develop is self-handicapping. While some parents are hesitant to allow their kids to win, DeBenedet assures parents that self-handicapping is beneficial for society. “We need to learn to let others succeed on their own and we can start to teach our kids that skill, too,” he said. Parents can both control their own strength and encourage changes in leadership during roughhousing. He said that parents do not need to worry about self-handicapping making kids feel bad about their performance, since kids will speak up and tell parents when they are ready for the self-handicapping to stop. “One day, they’ll ask, ‘Hey, Dad, were you really trying your hardest?’ Then you know it’s time to up your game!”

CRAZY WISDOM KIDS

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(If you like our CW Kids section, and would like to be contributing to it, contact bill@crazywisdom.net. We welcome story ideas, illustrations, feature writing, and photographs)

Finally, roughhousing helps enhance family bonds and feelings of connectedness. DeBenedet found that enhancing that connection with his daughter was one of the greatest rewards of roughhousing with her. “Roughhousing releases oxytocin — the cuddle chemical!” said DeBenedet. “This is the biological basis of empathy. It’s released during a big, long hug [...] and during physical play. It biologically connects us to one another.” For times when roughhousing or snuggling isn’t practical, DeBenedet encourages families to create what he calls a “secret squeeze.” For example, a family could create a handshake of three squeezes to express “I love you” for parents and kids to exchange with one another.

In his book and in his workshops, DeBenedet emphasizes safety during roughhousing. He encourages parents to choose safe spaces for this kind of play, avoiding rooms with ceiling fans; padding sharp corners; and removing breakable objects. *The Art of Roughhousing* also outlines how to lift kids safely and how to teach children to land safely when they jump off playground equipment or other high places. “Even jumping on a bed can be made safe,” said DeBenedet. “They key to safe bed jumping is to only allow one person on the bed at a time and to remove all objects from the area around the bed.” He acknowledges that sometimes even with the best preparation, roughhousing, like any play, can get out of control. He said that observing eye contact is key to determining when parents might need to calm things down. “When there’s no eye contact — especially between siblings — it can mean that things are headed toward violence. That’s the time to diffuse that energy by revving down. A great — and fun — way to do that is by using ‘fall overs’ or exaggerated, Hollywood-esque, dramatic fall downs. Everyone laughs and the mood usually improves.”

Above all, DeBenedet wants to highlight what he feels are the most important things that children of all ages can learn from roughhousing. “Boys can learn that there’s more to physical contact than sex and violence,” he said. “Girls can learn to find their voice. They need to learn when to say ‘more’ and when to say ‘pause.’” Roughhousing does both of these things in a way that few other activities can, especially when done safely with parent. I can’t emphasize the importance of these benefits enough.”

In addition to reading *The Art of Roughhousing*, parents who want to learn more about roughhousing and DeBenedet’s work may follow him on Twitter at @RowdyDad, where he also posts information about workshops he conducts at area locations including the Towsley Family Center and Family Lamaze Center. DeBenedet also conducts workshops for preschools, daycare centers, and elementary schools. While most of his groups request workshops for parents only, he also facilitates hands-on programs for pairs of parents and children. For more information about scheduling a workshop, email DeBenedet at anthonydeben@yahoo.com.

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**Crazy
Wisdom**

Kids in the Community

Feature continued from page 79



Bricks 4 Kidz and Challenge Island

When many of us think about Lego building blocks, we think of a simple childhood toy. However, Lori Stevens, owner of the Ann Arbor-based Bricks 4 Kidz franchise, knows that Lego bricks are much more than just playthings. "At Bricks 4 Kidz, we don't just play with Lego. When people see the program and see how it connects with the schools' goals in math, science, and technology, it all comes together for them. What we build is both very cool for kids and very educational!" During Bricks 4 Kidz camps and workshops, children use kits of Lego materials to design and modify Lego creations that teach them science and math concepts as well as cooperation and collaboration.



Stevens' Bricks 4 Kidz program currently offers classes, workshops, field trips, and birthday parties in Ann Arbor and surrounding communities.

Stevens opened her Bricks 4 Kidz program in April 2013. Founded in 2008 by architectural draftsman Michelle Cote, Bricks 4 Kidz is an international organization with over 500 franchises in 24 countries. Stevens said that initially, she was not looking to purchase a franchise business; however, while working as the operations manager in a science-related industry, she was laid off from her position during her maternity leave. She also has a background in speech and language pathology and education. When she learned about the Bricks 4 Kidz program, she felt that it was a natural fit for her skills and interests. Before purchasing the franchise, Stevens spoke with administrators at area schools including Ann Arbor, Chelsea, and Dexter to see if there was an interest in this type of program. "The response was an overwhelming 'yes!'" said Stevens. "I decided that this was my opportunity to combine my interests in science and in teaching and to do what I've always wanted to do." Stevens' Bricks 4 Kidz program currently offers classes, workshops, field trips, and birthday parties in Ann Arbor and surrounding communities.

For educators, one of the most appealing aspects of the Bricks 4 Kidz program is that it is closely aligned with the STEM (Science, Technology, Engineering, and Mathematics) goals. The STEM initiative is aimed at improving education policies and curriculum choices to better prepare students for the science and technology demands of the workplace. For example, Stevens described a recent "in-school field trip" held at Wines Elementary in Ann Arbor, on the topic of "Force and Motion." Students rotated to six stations, with each one illustrating a different aspect of the topic. "Our workshops aren't just someone standing at the front of the room and lecturing," explained Stevens. In the Force and Motion workshop, the students used plans to build Lego creations, then launched them and observed how their designs worked or didn't. "It was so interactive and so engaging. Many kids really do learn best kinesthetically, and when they are able to manipulate and handle objects while they are learning, we find that they learn more and retain more."

**"One of my very favorite workshops is called 'Ticket to Ride,' and we have kids build amusement park rides out of motorized Lego. They love it!"
– Lori Stevens, owner of the Ann Arbor-based Bricks 4 Kidz franchise**



Stevens said that the structure of the school workshops and field trips is also designed to address multiple learning styles. "One of my very favorite workshops is called 'Ticket to Ride,' and we have kids build amusement park rides out of motorized Lego. They love it!" For this workshop, Stevens' staff of certified teachers begins with a 15-minute introduction to the scientific topic. "We'll start with basic information about Ferris wheels, about the physics behind them, ideas about forces of motion and velocity. We will talk about the history of the Ferris wheel, the biography of its inventors, about the shape and how it turns, about pivot points and Newton's Law," she said, adding that while most of these topics are complex, they can be adapted so that even the youngest elementary students can understand them. "They are never too young to start learning these ideas as long as they are met at their levels. Then as soon as we introduce them, we can illustrate them and let the kids get hands-on experience with them. That really reinforces things."

After the introductory presentation, students are given a kit of motorized Lego to build from, with different kits available for different grade and skill levels. The students work in pairs, which Stevens said is not customary for this kind of activity. "Generally, building with Lego is more of a solitary activity, but this is more like a science lab. This can be a challenge for some kids, but it's a good challenge. It helps them work on those really important 'soft skills' like cooperation, conflict resolution, leading, and being led," she explained. "We encourage talking, sharing, and collaborating. Those skills are just as important as the STEM skills for success in our world. Some kids really resist collaboration at first, but we talk about it and even joke with them and ask, 'Would it be more fun to ride a Ferris wheel all alone or with another mini figure?'"



The students are given 20 to 30 minutes to work on their Ferris wheel based on the instructions provided in their kits. Once they complete the kit, however, they are tasked with improving upon those plans. “We issue them a challenge,” said Stevens. “We might ask them, ‘Can you make it go faster? Slower? Can you make it accommodate more riders?’ We ask them to work together to improve upon the basic design by using their knowledge of motion and their own creative expression.” Stevens said that teachers and administrators in the area have been extremely positive about the educational benefits and entertainment provided by the Bricks 4 Kidz workshops. In addition to school-based workshops for elementary schools, Stevens provides similar programs for younger children in daycare and preschool settings. These workshops use the larger Duplo bricks and teach concepts including color, shape, pattern, letters, counting, animals, and foods. “These are definitely play-based experiences, but they all bring in important science and educational concepts,” she said.

“Many kids really do learn best kinesthetically, and when they are able to manipulate, and handle objects while they are learning, we find that they learn more and retain more.”
– Lori Stevens

Once students have been exposed to a Bricks 4 Kidz program, Stevens often has parents calling to ask how they can purchase the kits for home use. Stevens explained that all the pieces they use are regular Lego bricks, but that the kits and curricula are proprietary. “The model plans are our top-secret recipe. They are written by architects, engineers, and educators. One of the partners working with Bricks 4 Kidz is a developer of the Lego Mindstorms line. These kits are so well-designed and specifically aimed at achieving the goals of a STEM curriculum,” she said.

For students who want more than a one-hour Lego experience, Bricks 4 Kidz offers eight-week programs and week-long camps. The eight-week after school enrichment programs are held in conjunction with Community Recreation and Education Departments in Ann Arbor, Chelsea, Dexter, and Manchester. Students use motorized Lego to develop critical thinking, spatial reasoning, problem solving, and fine-motor skills, along with teamwork and communication. Stevens’ week-long camps take place during the summer, winter, and spring school-break weeks. “Our camps are theme-based,” said Stevens, citing movie-making, Angry Birds, Minecraft, and superheroes as some recent options. The after school and camp programs are held at Genesis of Ann Arbor on Packard and at elementary schools in area communities. She said she plans to hold more one-day programs during the school year on teacher in-service and other single vacation days. “What we’ve heard is that there is a real need for activities for kids that help parents with childcare and that are unique, fun, and educational.”



Based on the popular television series “Survivor,” Challenge Island is an eight-week curriculum that leads participants through a new challenge each week.

For children who want a taste of the Bricks 4 Kidz activities, Stevens also holds “Kidz Night Out” events several times during the year. These evening events include a motorized Lego project, pizza dinner, and a Lego-themed movie. “This is a great way for kids to get a trial of what we do in our longer programs.” This fall, Stevens plans to add “Family Fun Nights” to her calendar. “This is a great way for parents to do something with their kids without having to invent the entire activity themselves. There’s such a need for this. Parents find that they often work all day, rush through getting dinner, then see their kids for an hour or so before it’s time for bed. This is a great way to do something fun and educational with your kids without having to do so much planning yourself. We can’t wait to get these started!” she said.

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Finally, Bricks for Kidz offers birthday parties for kids of all ages. A Bricks 4 Kidz party coordinator will help kids build motorized models and lead Lego-themed games and build challenges.

While the Lego-themed programming offered by Bricks 4 Kidz is very appealing to preschool and elementary children, Stevens said she notes a waning in their interest as they approach middle school. She recently purchased a franchise for Challenge Island, a program also owned by the parent company of Bricks 4 Kidz. “This is another STEM-based curriculum that incorporates planning, executing, trial and error, and redesign,” explained Stevens, but it appeals to older students. Based on the popular television series “Survivor,” Challenge Island is an eight-week curriculum that leads participants through a new challenge each week. “For example, one week they might open a treasure chest containing a challenge related to time travel in a new land. They might find a roll of duct tape, ping pong balls, foam insulation, and a vague road map, and there will be challenges to build a roller coaster that can perform a certain task. The team will need to work on the challenge together, outlining their game plan on a white board,” Stevens explained. Each week, there is a tribal leader responsible for organizing the group’s ideas and presenting them to the group. “This is a great way for each student to get experience with public speaking,” said Stevens, adding that Challenge Island includes lots of fun elements like the face paint and tribal names, but at its core, it’s also a STEM curriculum. It also expands to include language arts, social studies, history, and geography.

While the Bricks 4 Kidz programming tends to attract more boys, especially in the upper elementary grades, Stevens observes that Challenge Island attracts more than 50 percent girls. “I think it’s appealing to girls because it emphasizes collaborating, freedom of expression, sometimes a little sprinkling of glitter glue. The kids feel a real ownership over their projects. They create their tribal name, they create an identity, and they use this bond as they work through rigorous challenges. That is really important to the older kids and especially to girls.” Stevens will offer Challenge Island for the first time this fall through area Community Recreation and Education programs.

For more information on the Bricks 4 Kidz and Challenge Island classes and programs, visit www.brick4kidz.com/michigan-annarbor-dexter/ or email Lori Stevens at lsteven@brick4kidz.com. For special event information, visit their Facebook page at www.facebook.com/Bricks4KidzAnnArbor.

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— CORRECTION —

The article about Michigan Collaborative for Mindfulness In Education (MC4ME) in the Spring Kids Around Town column inaccurately reported Mary Spence as the MC4ME founder. Mary is a founding member of the organization, along with the following board members: Rita Benn, Sandra Finkel, Veronica Sanitate, Trice Berlinski, Kristin Ervin and Mary Ann Morris. MC4ME will be holding their next event on November 15th at University of Michigan. You can learn more about the collaborative at their website (www.mc4me.org) or on their Facebook Page.

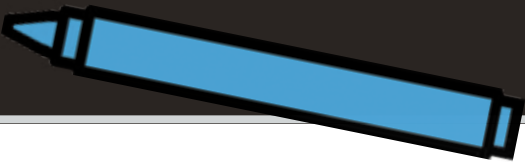




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Events Calendar for Kids • September through December 2014

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Children & Young Adults

Halloween Fairy Tea with Crazy Wisdom Tea Room • Oct. 30; 1 p.m. and 4 p.m. seatings at Crazy Wisdom Tea Room • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Be spooky! Tickets are \$11 per person. Babies 18 months and younger are free. Tickets are available at Crazy Wisdom or by phoning prior to the event. For more information call 665-2757 or email miranda@crazywisdom.net or crazywisdom.net.

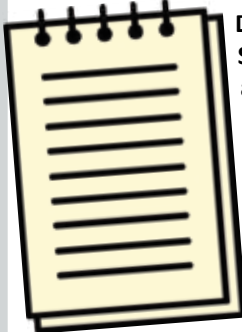
Fuzzy Caterpillar Nature Class for Little Ones • Fridays, Sept. 12-Nov. 21, 9:30 a.m.-12 p.m. • Weekly exploration of nature, storytelling, playing games, experiencing camp life, and doing crafts for children ages 3-6. Parents are welcome to attend. \$198. Call Rowena at 531-8330; naturelearningcommunity@gmail.com.

Coyote Nature Explorers • Mondays, Sept. 29-Nov. 17, 9:30 a.m.-1:30 p.m. • For children ages 7-12, this group experiences community in camp life through storytelling, crafts, safety in wild spaces, study of local plants and animals, outdoor skills, games and activities to stretch sensory awareness, and lunch together around the campfire. The classroom is the forest, and all sessions take place out of doors and in a bark and mud shelter. \$192. Call Rowena at 531-8330; naturelearningcommunity.net.

Nature Learning Community Outdoor Skills Day with Sunward Cohousing Community • Sept. 27, 1-4 p.m. • Around a campfire in the forest, participants will practice outdoor skills such as fire-making, carving, and acorn preparation. Games, hammock relaxation, campfire cooking, and snack sharing also available. Free. Call Rowena at 530-8331; naturelearningcommunity.org.

Natural, Non-Drug Options for Your Child's Health with Nia-Avelina Aguirre • 6-7:30 p.m. • Lectures about children's health include Sept. 23: Building the Immune System; Oct. 14: Respiratory System; Nov. 11: Colon and Digestive Health; Dec. 2: Urinary System Cleansers and Builders. \$25. Call 883-7513; niaaguirre@aol.com.

Winter Break Camp: Winter Survival with Leslie Science and Nature Center • Dec. 29-31, 8:30 a.m.-3:30 p.m. • Make the most of a day off from school by exploring Black Pond Woods, creating fall crafts, and playing games. Meet critters and raptors, discover more about fall, and make new friends. Preregistration required for K-5th graders. \$55/child (\$50 LSNC members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.



Days Off Outdoors: Fall Frolic with Leslie Science and Nature Center • Nov. 4, 8:30 a.m.-3:30 p.m. • Come explore our trails and Critter House to discover how animals survive the winter. Meet LSNC's resident critters, track animals outside, and learn how to survive the winter with fun. Preregistration required for K-5th graders. \$170/child (\$165 LSNC members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Tykes Preschool Program with Leslie Science and Nature Center • Tuesdays, Sept.-Dec., 9-11 a.m. • Hands-on nature exploration, activities, hikes, stories, crafts, animal visits, and open play for children. Each month has a different focus: Sept.: Flight School; Oct.: Fall Frenzy; Nov.: Frog, Toad, and Friends; Dec.: Animals in

Winter. Ages 4-5, caregivers welcome but not required. Sept., Oct.: \$50 for each child/month (\$45 LSNC members); Nov., Dec., \$38/child (\$33 LSNC members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Tiny Tots Series with Leslie Science and Nature Center • Sept. 9. Oct. 7, Nov. 11, Dec. 2; 9:15-10:45 a.m. • Outdoor exploration, activities, hikes, stories, crafts, animal visits, and open play for children and caregiver. Each date has a different focus: Sept. 9: Animals Use Their Senses, Too!; Oct. 7: Fall Fun ; Nov. 11: Shapes in Nature; Dec. 2: Rockin' Rocks and Fossils. \$8/child (\$7 LSNC members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Nature Tales Series with Leslie Science and Nature Center • Sept. 20, Oct. 18, Nov. 15, Dec. 20; 10-11 a.m. • Each month will feature a story accompanied by hands-on, nature-themed pursuits that include live animal visits and an outdoor activity. Each month has a featured story: Sept., "Nuts To You;" Oct., "Forest Bright Forest Night;" Nov., "If You Find a Rock;" Dec., "A Warm Winter Tale." Ages 1-5, caregiver required. \$4/child (\$3 LSNC members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Critter Open House • Sundays, Noon-3 p.m. • Get up close and personal with native and exotic animals. Free. Call Leslie Science and Nature Center at 997-1553; lesliesnc.org.

Annual Holiday Bazaar at Rudolf Steiner School of Ann Arbor • Dec. 6, 9 a.m.-3 p.m. • Come support the Steiner School fundraiser and see the space transformed into a holiday wonderland. Includes a Toy Room Gift Store, various craft activity areas, a gift room for younger children to choose mindful gifts for their loved ones, music from the older students, a cafe serving lunch and drinks, and a silent auction room. Free to attend. Visit steinerschool.org.

Wild Swan Theater Performances • For tickets and times, visit wildswantheater.org.

Frog and Toad • Oct 9-11 for PreK-2.

Treasure Island • Nov. 19-23 for grades 3-8

Not Just For Kids Family-Friendly Professional Theater at Michigan Theater • Shows begin at 1:30 p.m. For tickets, call 668-8397; michtheater.org.

Curious George • Sept. 28
Junie B. Jones • Dec. 6

Michigan Renaissance Festival at Hollygrove Grounds • Through Sept. 28 • Jousting, mermaids, puppet shows, and themes. \$21.95 for adults and \$12.95 for ages 5-12. Call 800-601-4848; michrenfest.com.

Ancient/Modern: The Design of Everyday Things at Kelsey Museum • Through Sept. 7 • Discover links between our kitchens and toys and old cultures. Donations accepted. For hours, call 764-9304; lsa.umich.edu/kelsey.

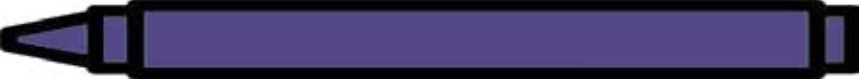
Preschool Storytime at Ann Arbor Hands-On Museum • Tuesdays, 9-10 a.m. and Saturdays, 10:30-11:30 a.m. • Take tykes to the AAHOM for a hands-on activity and tale. Free with \$11 entry. Call 995-5439; aahom.org.

Fairy Tales at Ford House • Through Sept. 1 • Discover Disney's Peter Pan exhibit, weekend adventures, events, and programs. For details, visit fordhouse.org.

Yoga for Mamas Prenatal and Postnatal Yoga • Mondays, 10-11:30 a.m. • Gentle yoga poses are taught to support the changes that occur during pregnancy, labor, and delivery. \$145 for ten classes or \$18 for one class. Call Hygeia Center for Healing Arts at 769-6100; hygeiacenter.org.

Natural Health Class • Tuesdays, 10:30-11:30 a.m. • Want to know more about natural health, remedies, solutions or first aid kits? Bring they kids; they play while you learn. Free. Call Indigo Forest at 994-8010; theindigoforest.com.

Domino's Petting Farm • Tuesdays-Sundays, 10:30 a.m.-3:30 p.m. • Come and meet the animals, stroll the trails through the pasture or visit for storytime. Pony rides available on the weekend. Price varies. Call 998-0182; pettingfarm.com.



Nursing Cafe • Wednesdays, 2-3 p.m. • Learn all about breastfeeding with a professional lactation consultant and a pot of nursing tea. Free. Call Indigo Forest at 994-8010; theindigoforest.com.

Free Dinosaur Tours • Saturdays and Sundays, 2 p.m. • Attention dinosaur fans! Come to the Museum of Natural History for a short docent-led tour of the dinosaur exhibits. Registration required. Free. Call 764-0478; isa.umic.edu/ummnh.

Green Apple Garden’s Apple Festival • Sept. 27, 10 a.m.-2 p.m. • Celebrate fall with games, food, music, art, and making applesauce. Free. Call 369-8248; greenapplegarden@appleplayschools.org.

Natural Family Playgroup at Green Apple Garden Playschool • Oct. 25, Nov. 22; 10 a.m.-12 p.m. • Come together to enjoy music, dancing, and fun through connecting and sharing resources with other families in the area who are interested in natural family living. Playgroup geared for children aged 1-6, but all are welcome. Caregivers attend with child. Free. Call Katie at 369-8248; greenapplegarden@appleplayschools.org or appleplayschools.org.

An Afternoon with A. E. Claus, the Alternative Environmental Claus with Leslie Science and Nature Center • Dec. 6, 1-2 p.m. or 3:30-4:30 p.m. • A.E. Claus appears in full 1890s Father Christmas attire, entertains with stories about holiday season traditions, focusing on the gifts we have already been given such as clean water, clean air, food, shelter, space, love, care, and concern. Participants encouraged to take keepsake photos after the one-hour session. \$8/person (\$30/family). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Being Still and Mindful Course with Self Realization Meditation Healing Centre • Sept. 20, 21, 10:00-10:45 a.m. • For young people ages 5-12, this course helps to develop and use mind muscles and train the brain while having fun. Cups of tea and a peaceful half-hour for parents. Free (donations welcome). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.



Parent-to-Parent Support at Center for the Childbearing Year • Wednesdays, 10-11:30 a.m. • Moms, dads, partners, babies, and toddlers welcome. Discussion topics and playtime each week. Free. Call 663-1523; center4cby.com.

Breastfeeding Cafe at Center for the Childbearing Year • Fridays, 10-11:30 a.m. • Informal drop-in group meets every Friday. Breastfeeding moms and babies welcome. Free. Call 975-6534; bfcaa.com.

Infant Massage and Attachment with Sierra Hillebrand • Thursdays, 10:30-11:45 a.m. • Develop loving communication and attachment with baby through the ancient art of infant massage. During this four-week class, parents will enhance communication and loving interaction, develop confidence in reading and responding to baby’s cues, establish routines that reduce fussiness, enhance sleep, and facilitate relaxation for parents and babies. \$110/series. Call 222-9023; contact@sierrahillebrand.com or sierrahillebrand.com.

Family Fun Field Day with Ann Arbor Against ALS • Sept. 28, 1-5 p.m. • Family Field Day with activities for kids and adults alike. Raffle prizes and bake sale with all proceeds benefitting ALS research. Free. Contact Molly Stamos at mollystamos@hotmail.com or active.comagainstals.org.

Concinar Con Los Amiguitos: Spanish Bilingual Preschool Cooking with Maestras of Manzanitas • Sept. 6, 10:30 a.m.-12:30 p.m. • Teachers of Manzanitas Spanish Immersion Preschool share a bilingual cooking playgroup for children ages 1-6 years with an adult. Free (donations accepted). Call 369-6563; manzanitas@appleplayschools.org or Manzanitas.org.

Musica del Mundo: Bilingual Music of the World with Maestras of Manzanitas • Oct. 4, 10:30 a.m.-12:30 p.m. • Teachers of Manzanitas Spanish Immersion Preschool host a musical playgroup in Spanish and English for children ages 1-6 years with an adult. Free (donations accepted). Call 369-6563; manzanitas@appleplayschools.org or Manzanitas.org.

Las Creaciones de Artes Bilingual Art Creations with Maestras of Manzanitas • Nov. 1, 10:30 a.m.-12:30 p.m. • Teachers of Manzanitas Spanish Immersion Preschool host bilingual art explorations for children ages 1-6 years with an adult. Free (donations accepted). Call 369-6563; manzanitas@appleplayschools.org or Manzanitas.org.



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Fairy Tea at Crazy Wisdom Tea Room

Click here to purchase tickets online

Halloween Fairy Tea

October 30th,

1 p.m. and 4 p.m. seatings

Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Be spooky! Tickets are \$11 per person. Babies 18 months and younger are free. Tickets are available at Crazy Wisdom or by phoning prior to the event. For more information call 665-2757 or email miranda@crazywisdom.net crazywisdom.net.

Parents’ Day Out: Gingerbread Party with Teachers of the Apple Playschools • Dec. 6, 9 a.m.-1 p.m. • Children ages 3-8 are invited to play with friends and enjoy holiday crafts while parents enjoy some holiday shopping around town. \$40/child (Register by Nov. 30). Call 369-8248; greenapplegarden@appleplayschools.org or ApplePlayschools.org.

Yoga for Kids with Ema Stefanova • Various Classes Sept.-Dec. • Young people learn to heal and manage both physical and psychological conditions, learn meditation, and learn to cope with stress as they practice classical Satynanda yoga poses and meditation. Call for prices and details at 665-7801; YogaAndMeditation.com.



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THE CRAZY WISDOM CALENDAR

A free guide to Local Classes, Workshops, and Events

September through December 2014

PG. 51

CONSCIOUS TRAVEL

Scott Carter shares his journey on The Way



JUDITH BECKER

On Deep Listeners:
Music and Altered States

PG. 63



ROOS ROAST COFFEE

Ann Arbor's Hardest-to-Find Coffee Shop

PG. 32



TRAVEN PELLETIER

Owner of Bloom Gardens
and Elemental Design

PG. 30

The Crazy Wisdom Calendar

Addiction and Recovery

A Serenity Retreat for Women with Rose Celeste O’Connell and Cora “Tommie” Dayton • Oct. 2, 7:30 p.m.- Oct. 5, 1:00 p.m. • Sharing experience, strength, and hope through the 12 Steps of AA. \$350 single, \$250/person double. Call 517-266-4000; webercenter@adriandominicans.org.

Embodied Practice and Addictions with Kiera Laike • Oct. 13, 7-9 p.m. • This class is designed to facilitate healing of nicotine, food, caffeine, and marijuana addictions by exploring how energy centers in the body correspond to those addictions. \$30 (\$25 early registration). Call 248-355-2191; SensologyInstitute.com.

Embodied Practice: Addictions and Cravings with Abbe Grossman • Oct. 27, 6:30-8:30 p.m. or Nov. 8, 10 a.m.-12 p.m. • Learn practical energetic tools for balancing emotional, energetic, and neurotransmitter imbalances that promote cravings for cigarettes, sugar, overeating, and other addictions. This class presents a focused, meditative-like practice that can resource connect to the soul essence. Call for prices at 248-470-5738; tchserves.org.

Animals and Pets

Animal Communion for Healing & Joy with Laurel Emrys • Sept. 13, Sept. 27, Oct. 11, and Nov. 8; 1-3 p.m. • Opening up the natural ability to commune with animals, including pets, is a joyous and productive skill to cultivate. Learn how to tap into the information, inspiration, and healing energy of animals. \$40. Call 761-7699; info@TrilogyAstronomy.com or www.TrilogyAstrology.com.

Animal Healing Course with Self Realization Mediation Healing Center • Oct. 4-5, 9:45 a.m.-5 p.m. • Working with love and respect for all animals, the course shows how to help enhance animals’ quality of life and to stimulate their bodies’ own healing mechanism. This course gives participants all they need to use this discipline professionally or in their homes. \$225 (includes lunches), \$272 (with overnight lodging). For partial scholarship or more information, call 517-641-6201; info@SelfRealizationCentreMichigan.org or www.SelfRealizationCentreMichigan.org.

Monarch Migration Festival with Leslie Science & Nature Center • Sept. 6, 1-3 p.m. • Come celebrate these beautiful butterflies as we release tagged monarchs to bolster their threatened populations. Participants learn more about how they can help these important pollinators and all about their role in the environment. Pre-registration is encouraged. Non-members: \$9/person, \$34/family. Members: \$8/person, \$30/family. Call 997-1553; www.lesliesnc.org.

Fall Raptor Flight with Leslie Science & Nature Center • Oct. 5, 1-2 p.m. • The Leslie Science Center Raptors take to the sky this season! Watch as the red-tailed hawk stoops from his tree perch, the immature bald eagle flies over our field, and the adult bald eagle glides past. While LSNC birds don’t have the skills necessary to survive in the wild, at least three of them will demonstrate their flight ability and show off their adaptations for program attendees. Non-members: \$9/person, \$34/family. Members: \$8/person, \$30/family. Call 997-1553; www.lesliesnc.org.

Backyard Winter Birding with Leslie Science & Nature Center • Dec. 7, 1-3 p.m. • Chickadees, nuthatches, juncos, and purple finches are just a few species focused on as participants learn how to encourage these birds- and many more-to visit their yard. Learn what seeds to offer, types of feeders to hang, suet recipes, bird behaviors, and sounds. Non-members: \$9/person, \$34/family. Members: \$8/person, \$30/family. Call 997-1553; www.lesliesnc.org.

Raptor Feeding Time with Leslie Science & Nature Center • Most Saturdays Sept.-Dec., 3-4 p.m. • Drop by to see how feet and beak work together to help birds like the red-tailed hawk eat a rat or the peregrine falcon consume a quail. Volunteers will be feeding the birds and answering your questions. Please be aware that birds may or may not be coming out of their enclosures to eat during feeding times depending on the species and time of feeding. Free. Call 997-1553; www.lesliesnc.org.

Critter House Open Hours with Leslie Science & Nature Center • Most Saturdays Sept.-Dec., 12-3 p.m. • Observe frogs, turtles, snakes, rabbits, and more as they hop, crawl, or slither into their homes here at LSNC! The animals include species native to this region, as well as many unique and exotic animals donated by our supporters. During open hours, LSNC will answer questions, hold interactive activities, and help you get up-close and personal with some interesting and unusual animals. Free. Call 997-1553; www.lesliesnc.org.



“Secret autumn adventures in an Ann Arbor backyard...”
Artwork by Brandi Lyons

PetMassage Four-Day Foundation Workshop with Distance Learning Courses in Canine Anatomy and Business Marketing with Jonathan Rudinger • Sept. 4-8, Nov. 6-10 • You will understand the road map to creating and marketing your canine massage business; the theory, techniques, vocabulary, culture and vision of PetMassage; become aware of body mechanics; learn to understand and provide for diverse canine needs; learn various complementary bodywork techniques; and understand basic dog anatomy and physiology as it applies to canine massage. \$1700. Call 419-475-3539; info@petmassage.com or www.petmassage.com.

Basic Animal Communication with Judy Ramsey • Sept. 5-7, Oct. 10-12 • Talk to the animals the way they talk to each other through telepathic communication. Rediscover your innate intuitive skills in this 3-day class, exploring a new world of relationship with your pets in a supportive, practical framework. \$150. For times, call 665-3202; judyramsey777@yahoo.com or hearttoheartanimalcommunication.net.

Anthroposophical Medicine

Fasting Weekend with Molly F. McMullen-Laird • Oct. 17-19 • Fasting allows a deep, physiological rest of the digestive organs, and the energy saves goes into self healing and self repairing. This medically-supervised fasting session includes organic juices, music, art, meditation, nature observation, storytelling, and other alternative forms of nourishment. The program will be held at the Rudolf Steiner Health Center where an overnight option is available. \$150. Call for times at 663-4365; rshc@steinerhealth.org or steinerhealth.org.

Open House at Rudolf Steiner Health Center • Sept. 7, 2-5 p.m. • Come visit the only anthroposophic inpatient center in North America. Stop by 1422 W. Liberty for a tour, tea and lemonade in the garden, music, nursing, and movement therapy demonstrations, and patient artwork on display. Free. Call 663-4364; rshc@steinerhealth.org or steinerhealth.org.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called “Background Information” and which starts on page 114 .

Life Force Retreat with Rudolf Steiner Health Center • Sept. 15-27 • The two-week health retreats allow for total immersion in an anthroposophic healing environment that promotes the ideal picture of health through daily rhythm, organic and biodynamic meals, anthroposophic therapies, physicians’ visits, nursing treatments, and carefully chosen anthroposophic medicines. Presentations on various aspects of health bring patients to a new understanding of how to incorporate health-promoting practices into their daily lives. The anthroposophic health retreats are open to anyone, whether or not they have a current illness. For costs and times, call 663-4365; rshc@steinerhealth.org or steinerhealth.org.

Home Health Care Workshop with Molly F. McMullen-Laird • Oct. 8, 9:30 a.m.-12 p.m. • In preparation for the upcoming winter cold and flu season, deepen understanding of illness and how to support body, mind, and spirit through the challenges of healing. Learn basic home care skills for self and family, as well as exploring remedies for common ailments. \$35 (free for Patient Organization members). Call 665- 4365; rshc@steinerhealth.org or steinerhealth.org.

Aromatherapy

Ceremonial Healing Modality with Karen Greenberg • Sept. 25-27. • Learn to perform a Ceremonial Healing Modality on your clients, which consists of ten consecutive weekly healing sessions to help integrate the Full Light Body. Training includes tree of life healing, unified chakra awakening, and mental body healing with 13 essential oils. \$777. Call for times at 417-9511; krngnbg@gmail.com or clair-ascension.com

Be Young Total Health Training with Barb McConnell • Oct. 4, 9 a.m.-5 p.m. • Whole-body approach to preventing illness, repairing cellular damage, and promoting lifelong wellness. Discuss and experience attack, restore, defend, and protect packs. \$45. Call 517-914-4133; mcconb51@bigplanet.com.

Essential Oils for the Holidays with Julianna Sutton • Nov. 11, 10:30-11:30 a.m. • Learn how to enjoy essential oils throughout the winter, from cookies to stress relief and holiday cleaning. Expand your knowledge and confidence about which medicinal grade essential oils can be safe for internal use, and their extraordinary value to protect against illness and brighten holiday gatherings. Free. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Be Young Essential Oils Support Group with Karlta Zarley • Second Tuesday of each month; 7-9 p.m. • For students who are interested in the potent effects of Be Young Essential Oils, but aren’t sure how and when to use them. This is for anyone using Be Young oils who wants to learn more about them for day-to-day use. \$15. Call 433-9333; kzarley@att.net or www.karltazarley.com.

Art & Craft

The Nature of Beer with Brandon Groff • Sept. 4, 7-8:30 p.m. • People have been brewing beer for centuries, and its brewing was revolutionary for human survival. Local science teacher presents the process of brewing beer, the ecology of the ingredients used, and the history of this innovative drink. Ages 15+. Pre-registration required. \$8. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

The Nature of Chocolate with Laurel Zoet of Nature On the Go • Oct. 2, 7-8:30 p.m. • Even though it doesn’t grow here in the Great Lakes region, we’re connected to the nature of chocolate every time we indulge. This program looks at the history, ecology, and manufacturing of one of our favorite treats. A chocolate tasting is included. \$8. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Mixed Media Collage with Kay Gould-Caskey • Mondays, Sept. 29-Nov. 17, 2-4 p.m. • Explore the world of collage for wall art, greeting cards, books, journals, and more. No previous art experience necessary. \$148. Call 827-4506; fallingwaterkay@yahoo.com.

Learning More about Drawing with Kay Gould-Caskey • Oct. 1-Nov. 22; Mondays, Thursdays, and Saturdays • Kay will share techniques for graphite and colored pencil that will enhance your drawing skills. Learn about line quality, shading, composition, color value, and much more. Individuals may work on projects of personal choice. \$148. Call Kay for times at 827-4506; fallingwaterkay@yahoo.com.

Art of Mandala with Elizabeth Wilson • Oct. 23, 6-8:30 p.m. • This class is an introduction to the mandala from India. “Mandala” signifies a sacred circle, which contains many hidden expressions. The process of creating a mandala helps one to appreciate a deeper part of self and meaning in one’s life. Participants will be guided in making two mandalas. Oil pastels and paper are provided. \$35. Call 417-6326; info@veoartstudio.com or veoartsstudio.com.

Astrology

Drop-In Astrology Readings with Alia Wesala in the Crazy Wisdom Tea Room • Second and Fourth Saturdays of each month, 3-6 p.m. • Alia provides brief astrological consultation sessions to individuals, couples, and families. \$1.50 per minute. No appointment necessary. Call 719-0782; astrolibration@gmail.com.

Astrology Basics for Self-Healing and Fulfilling Heart’s Desires with Laurel Emrys • Sept. 7, 28, Oct. 5; 1-3 p.m.; Oct. 15, Nov. 23; 7-9 p.m. • This class enables students to learn the basic language of astrology, and is designed to open a world of deep self-knowledge. Students will learn more about personal identity and how to bring desires to manifestation. \$40/class. Call 761-7699; info@TrilogyAstrology.com or TrilogyAstrology.com.

Author Events

Book Signing and Talk with Brett Bevell, author of *Energy Healing for Everyone: A Path to Wholeness and Awakening* • Oct. 7, 7 p.m. in the Crazy Wisdom Tea Room • World-renowned energy healer and author Brett Bevell will demonstrate simple user-friendly Essene-inspired energy healing techniques from his new book. These simple techniques promote calm inner peace, and can assist in deepening the path toward spiritual awakening. Free. Call 665-2757; Rachel@crazywisdom.net.

Book Signing and Talk with Samantha Harris, author of *Fighting Malevolent Spirits: A Demonologist’s Darkest Encounters* • Oct. 28, 7 p.m. in the Crazy Wisdom Tea Room • Enjoy a haunting presentation and discussion with published author, paranormal investigator, and demonologist Samantha E. Harris. Harris will share evidence and stories from her most disturbing cases, including a case she worked on with renowned Lorrain Warren (as featured in the movie *The Conjuring*). A book signing follows the talk. Due to the nature of the presentation, this event is for mature audiences only. Free. Call 665-2757; rachel@crazywisdom.net.

Book Signing and Talk with Lisa Viger, author of *Affordable, Easy Raw: How to Go Raw on \$10 a Day* • Nov. 18, 7 p.m. in the Crazy Wisdom Tea Room • Join Lisa as she discusses the benefits of a raw food diet and shares tips on how to transition to a raw food diet affordably. Free. Call 665-2757; rachel@crazywisdom.net.

Bodymind Therapies

Easy Walking on Ice: Mind Body Awareness in Action through the Alexander Technique with Kathleen Moore • Sept. 17- Dec., alternate Wednesdays; 12-1 p.m. • If you fell on the ice last winter, here’s the good news: there’s a way to walk and move that will help you remain “up,” now and next winter, too. Alexander Technique relieves pain and prevents its origins. For pricing, call 668-8146; kathy@moore-voice.com or moore-voice.com

Body Work

BodyWorks Sampler Open House with Pat and Dave Krajovic, Debra Williams, Erika Champagne, Kimfa Pepper, Jennifer VanDerwal, and Raj Kumar • Oct. 17, 6-8 p.m. • Sample some of the many services BodyWorks has to offer: amethyst mat, ascension breathwork, cranial sacral therapy, hot stone chair massage, Thai massage, BARS (Access Consciousness), and more. \$18/1, 15-minute session or \$45/3, 15-minute treatments. Contact relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

MNRI Dynamic and Postural Reflex Pattern Integration with Dawn Burnell-Powers • Oct. 1-4, 8 a.m.-5 p.m. • The Masgutova Method focuses on the restoration and maturation of primary movements, reflexes, coordination systems, skills for optimal performance of natural mechanisms, developmental processes, brain functioning, and sensory-motor integration. Stimulating reflex patterns allows fulfillment of all potentials within movement abilities and learning skills. For OT, PT, and SLP therapists or parents or adults with sensory motor or learning challenges. \$675. Call 810-231-9042; info@jump-in-products.com or jump-in-products.com.

A Touch of Thai Massage Monthly Playshop with Tatianah Thunberg and Kelly Kempter • Sept. 16, Oct. 21, Nov. 18, Dec. 16; 6:30 p.m.-8:30 p.m. • Acquaint yourself with the potent floor-based healing art practice of Thai yoga massage. Learn to relax while using your body weight and gravity to apply pressure. Gain confidence in using a wide variety of stretching techniques, while stretching your own body. Using breath and movement, we will create a safe, playful environment of healing touch for both giver and receiver. \$25 (\$20 in advance). Call 223-4156; SacredBreathHealingStudies@gmail.com or sacredbreathhealingstudies.blogspot.com.

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion • Sept. 12, Oct. 17, Nov. 21, Dec. 19; 7:30-9 p.m. in the Crazy Wisdom Community Room • The monthly book discussion connects participants through selection, reading, and discussion of books from Crazy Wisdom Bookstore’s diverse inventory. All book selections will be available at Crazy Wisdom Bookstore at a 30% discount. Discussion is free. Call 665-2757; rachel@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on meetup.com for more information.

Sept. 12 • *Gifts of Imperfection: Let Go of Who You Think You’re Supposed To Be and Embrace Who You Are* by Brene Brown, hosted by Rachel Pastiva.

Oct. 17 • *Buddha’s Brain: The Practical Neuroscience of Happiness, Love and Wisdom* by Rick Hanson, hosted by Rachel Pastiva.

Nov. 21 • *Your Soul’s Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born* by Robert Schwartz, hosted by Rachel Pastiva.

Dec. 19 • *The Extraordinary Healing Power of Ordinary Things: Fourteen Natural Steps to Health and Happiness* by Larry Dossey, MD, hosted by Rachel Pastiva.

Jewel Heart Readers • Sept. 8, Oct. 14, Nov. 11, Dec. 9; 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. Free (donations welcome). Call 994-3387; programs@jewelheart.org or jewelheart.org.

On September 1, 2014, the Crazy Wisdom Calendar will be available online at our new website: www.crazywisdomjournal.com.

The Crazy Wisdom Calendar

Book Discussion Groups (continued)

Active Hope: How to Face the Mess We’re In Without Going Crazy with Claire Maitre of Michigan Friends Center • Oct. 4, 18, and Nov. 1; 9:30 a.m.-4 p.m. • This three-part facilitated book discussion group will include ritual and group exercises from the extensive work of authors Dr. Joanna Macy and Dr. Chris Johnstone, as well as reading assignments and creative expression. The group enables experiential learning, group sharing, “radical interconnectedness,” and personal agency development. \$60-120/series. Call 475-1892; manager@mfcenter.com or mfcenter.org.

The Better Angels of Our Nature with John Gourlay of Michigan Friends Center • Oct. 8, 7-9 p.m. • This discussion of Steven Pinker’s book will explore whether or not violence has declined over the course of human history. Advance reading not required. The first of a series, this discussion will consider Pinker’s “six trends” towards less violence as driven by history and statistics. Free (donations welcome). Call 475-1892; manager@mfcenter.org or mfcenter.org.

Breathwork

Integrative Breathwork with Linda Adamcz • Sept. 25, Oct. 25, Nov. 22, Dec. 13; 10 a.m.-5 p.m. • A musical journey for insight, emotional healing, creativity, and renewal. Can assist with life changes, grief/loss, job stress, burnout, PTSD/trauma, depression, addictions, finding meaning and purpose. \$70. Call 269-388-2988; lkadamcz@juno.com or adamczassociates.com.

Live Well, Breathe Well: Ascension Breathwork, Level 1 with Pat and Dave Krajovic • Sept. 23, 6-8 p.m. • Physical health is impacted by the breath. Access powerful tools to support restful sleep, increase vitality, mental clarity, improve health, and increase abundance. \$33. Call 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

The Courage to Forgive with Pat and Dave Krajovic • Oct. 6, 9 a.m.-4 p.m. • Gain power that comes from letting go. Surrender to forgiveness, release guilt, break the pattern of victimhood. \$139. Call 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Presence of Breath Weekend with Julie Wolcott and Marcia Bailey • Sept. 20-21, 9 a.m.-6 p.m. • This all-day Saturday and Sunday workshop will present two integrative tools that can synergistically change your life to one of greater aliveness and joy: transformational breath and the presence process. This event is open to beginners and experienced practitioners. \$400 (early bird and couples discounts available). Call Julie at 355-1671 or Marcia at 395-4799; info@breatheannarbor.com or breatheannarbor.com.

Experiential Introduction to the Transformational Breath with Julie Wolcott and Marcia Bailey • Sept. 13, 10-11:30 a.m. • This introduction to transformational breath includes an overview of the benefits and basics of TB, a 5-minute breath practice with music, a demonstration of an assisted breath session, a 15-20 minute sitting-up breathe, and an integrative sharing to follow. Donation suggested. Call Julie at 355-1671 or Marcia at 395-4799; info@breatheannarbor.com or BreatheAnnArbor.com.

Transformational Breath and the Presence Process Experiential Series with Julie Wolcott and Marcia Bailey • Wednesdays, Sept. 17-Nov. 19, 7-10 p.m. • This workshop series provides weekly Transformational Breath sessions, plus group support and related individualized exercises. Each meeting will include time for individual sharing, as well as integration after each TB session. Designed for new or experienced transformational breathers. \$300 series, or \$40/session. Call Julie at 355-1671 or Marcia at 395-4799; info@breatheannarbor.com or BreatheAnnArbor.com.

Get Plugged In! with Pat and Dave Krojovic • Oct. 5, 10 a.m.-4 p.m. • Connect to your guidance center to live life in a conscious way through breath, awareness, and presence. \$139. Call 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Transformational Breath Playshop with Julie Wolcott and Marcia Bailey • Oct. 4, 9 a.m.-5 p.m. • This workshop provides two group breathing sessions, overviews and reviews of the modalities, exercises to encourage joyful connection with your inner child, plus celebration of healing received and desired. There will be time for integration after each breathing session. \$90-\$100. Call Julie at 355-1671 or Marcia at 395-4799; info@breatheannarbor.com or BreatheAnnArbor.com.

New Year’s Eve Meditation with Antonio Sierra • Dec. 31, 12 p.m.-1 a.m. • Start the New Year with a renewed sense of peace within. This meditation extends to all beings throughout the universe with wishes for wellness, happiness, success, good health, and sustained peace. \$20. Call Pat Krajovic 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Group Breathing/Meditation Practice with Pat and Dave Krajovic • Sept. 15, Oct. 13, Nov. 10, Dec. 15; 10-11:30 a.m. • Participate in powerful group energies while deepening your meditation/breath experience. Develop a consistent spiritual practice. Release stress and negativity, access joy and peace while strengthening the connect to source. \$25. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Peace on Earth Holiday Meditation with Ascension Breathing with Dave and Pat Krajovic • Dec. 7, 11 a.m. -12:30 p.m. • Unique, wonderful meditation and breath to access the joy and spirit of this season of love, giving, gratitude, and connection. Open your heart, feel the oneness, and experience the gifts. \$29. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Transformational Breath Introductory/Review Sessions with Julie Wolcott and Marcia Bailey • Sept. 15, Oct. 17, Nov. 7; 6-9 p.m. • Using circular and connected breath as an enlivening and powerful tool for transformation and healing, the workshop will begin with the benefits and basics of the breathing process, setting intention, experiencing a full session, and ending with integration. \$30-40/session depending on experience. Call Julie at 355-1671 or Marcia at 395-4799; info@breatheannarbor.com or BreatheAnnArbor.com.

Buddhism

Sunday Meditation Practice with Karma Thegsum Choling • Sundays, Sept.- Dec., 11 a.m. • Medicine Buddha meditation on the first Sunday of the month. Green Tara meditation on the third Sunday. Any other Sundays are Chenrezig/Amitabha meditation. Free. Call Pat at 678-7549; aaktc@yahoo.com or kagyu.org.

Introduction to Tibetan Buddhist Meditation with Jewel Heart Instructors • Wednesdays, Sept. 10- Oct. 29, 7-8:30 p.m. • Meditation is an important tool on the spiritual path, helping to develop focus, stability, insight, and understanding. In addition to the more commonly-known concentration methods, we will also experience analytical and visualization meditations on various topics. \$80 (members free). Call 994-3387; programs@jewelheart.org or jewelheart.org.

Lojong: Training the Mind with Eight Verses with Jewel Heart Instructors • Thursdays, Sept. 11-Nov. 13, 7-8:30 • In eight potent verses, Kadampa Master Langri Tanpa reveals profound and practical methods for developing an altruistic mind. Following Gelek Rimpoche’s teaching transcript, we will explore this process for exchanging priorities between ourselves and others, including the practice of tong len, a radical give-and-take method for relieving suffering and gifting joy. \$100 (Supporter members and above, free). Call 994-3387; programs@jewelheart.org or jewelheart.org.

Odyssey to Freedom with Jewel Heart Instructors • Mondays, Sept. 8-Dec. 8, 7-8:30 • Gelek Rimpoche created Odyssey to Freedom as an accessible and concise Lam Rim, encompassing the stages on the spiritual path from our current situation, as it is, through to full enlightenment. \$120 (Supporter members and above, free). Call 994-3387; programs@jewelheart.org or jewelheart.org.

White Tara Meditation Sessions with Jewel Heart Instructors • Sundays, Sept. 7- Dec. 28, 11:30 a.m. -12:30 p.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Essence of Tibetan Buddhism with Gelek Rimpoche • Sundays, Sept. 7- Dec. 28, 10-11 a.m., Tea and Cookies from 11 a.m.-11:30 a.m. • Weekly Sunday morning talks by Gelek Rimpoche. Speaking from Ann Arbor and New York and other locations, these talks will also be live video webcast. Free (donations welcome). Call 994-3387; programs@jewelheart.org or jewelheart.org.

Meditation Sessions with Jewel Heart Instructors • Sundays, Sept. 7- Dec. 28, 8:45 a.m. -9:45 a.m. • Concentration meditation sessions. Facilitators provide basic guidance with multiple concentration meditation sessions using breath as the point of focus. Open to all levels of experience. Free (donations welcome). Call 994-3387; programs@jewelheart.org or jewelheart.org.

GOM (Concentrated Meditation) Sessions with Jewel Heart Instructors • Nov. 15-16 • GOM, or concentrated meditation, is an essential tool to develop peace and joy as well as the power to deeply understand wisdom. GOM instruction will be offered in this GOM Seminar to facilitate attendance in weekend practice sessions. Instruction follows Gelek Rimpoche’s transcript, which is available at jewelheart.org/transcripts/ or through the Jewel Heart store. Free (donations welcome). Call for times at 994-3387; programs@jewelheart.org or jewelheart.org.

Wednesday Meditation at Karma Thegsum Choling Buddhist Center • Wednesdays, Sept.-Dec., 7:30 p.m. • Silent sitting meditation, followed by a discussion of readings and recordings by Karma Kagyu Tibetan Buddhist teachers. Free. Call Pat at 678-7549; aaktc@yahoo.com or kagyu.org.

Introductory Meditation Course with Zen Buddhist Temple • Sept. 11, 18, 25, Oct. 2, 9; 6:30-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple’s meditation hall, the course includes simple stretching exercises, breath work, meditation postures, concentration, and mindfulness practice. \$160 (\$120/students). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

The things you do for yourself are gone when you are gone, but the things you do for others remain as your legacy.

–KALU NDUKWE KALU

Introductory Meditation Course with Zen Buddhist Temple • Oct. 23, 30, Nov. 6, 13, 20; 6:30-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, breath work, meditation postures, concentration, and mindfulness practice. \$160 (\$120/students). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

One-Day Retreats with Zen Buddhist Temple • Sept. 3 or Nov. 1, 9 a.m.-5 p.m. • The retreat offers sitting and walking meditation, simple manual work, vegetarian lunch, and rest-an interval of deepening, slowing down, silence, and mindfulness. \$60. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Overnight Introductory Meditation Course with Zen Buddhist Temple • Nov. 21-22 • Designed for those unable to take the Thursday evening course due to schedule or distance. The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, breath work, meditation postures, concentration, and mindfulness practice. \$160 (\$120/students). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Yongmaeng Jeongjin (Three-Day Intensive Retreat) with Zen Buddhist Temple • Oct. 2-5 • Yongmaeng Jeongjin, which means "fearless practice," is a period to free oneself from all worldly ties and absorb oneself completely in concentration. It provides an opportunity for discovering wisdom mind and developing a compassionate heart. It is usually reserved for practicing members or for non-members with serious meditation experience. Minimum attendance is two days. \$60/day (\$50/members). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Ceremonies, Celebrations, and Rituals

Archangel Raphael's Healing Temple Ceremony with Karen Greenberg • Sept. 21, 2-6 p.m. or Oct. 12, 6-10 p.m. • The veil between the spiritual realm and our world is opened temporarily under the supervision of Archangel Raphael, the archangel of healing. Deceased ancestors and pets are invited to attend. \$111. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Autumn Equinox with Maureen Fenlon, Esther Kennedy, and Sue Schreiber • Sept. 21, 3-4:30 p.m. • Gather with others to say thank you to Earth for her abundance and beauty. The class also focuses on the need for healing and forgiveness for the disregard and plundering that the Earth and all beings on the planet suffer from human ways and decisions. Free (donations welcome). Call (517)266-4000; webercenter@adriandominicans.org or webercenter.org.

Fireside Fun: A Good Old-Fashioned Campfire Circle with Leslie Science and Nature Center • Sept. 28, Oct. 19, Nov. 23; 6:30-8 p.m. • There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows, and swapping stories. Bring your family, camp chairs, and s'mores fixings. LSNC will provide a blazing outdoor campfire and plenty of marshmallows. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Indigo Forest's 5th Annual "Santa Shopping" and Grown-Up Party with Indigo Forest • Dec. 5, 5-10 p.m. and Dec. 6, all day • Come share in time together, celebrating a happy year of growing healthy families. Candelight, treats, and traditional treasures for the season. Babes-in-arms only Friday night. Free. Call Beth Barbeau at 994-1080; Info@TheIndigoForest.com or TheIndigoForest.com.

New Earth Day, Third Annual with New Myth Works • Dec. 20, 11 a.m.-5 p.m. • Join New Myth Works for an afternoon of movement, story, stillness and creativity as we explore sacred balance. Participants will join to bring balance in support of the emergence of a new earth. \$20 in advance; \$25 at the door. Contact Sandra Finkel at info@newmythworks.com or newmythworks.com.

Christmas Satsanga and Meditation with Self Realization Meditation Healing Centre • Dec. 25, 10:15 a.m. • All faiths are welcome on Christmas morning for a meditation gathering. Share in song, chants, inspired thoughts, and Mata Yogananda Dharma's Christmas message and blessing, followed by pure meditation and silent prayer. Free. Call (517)641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Druidic Fall Equinox Ritual with Shining Lakes Grove • Sept. 21, 2-5 p.m. • An ADF ritual held at our nemeton in Ypsilanti. There will be a raffle and potluck following the ritual. All welcome. Free. Contact Rob Henderson at 277-1897; robh@shininglakes.org or shininglakes.org.

Celebrating the Longest Night (Winter Solstice) • Dec. 21, 6-8 p.m. • Celebrate the longest night of the year by engaging symbols and ritual. Some may step outside to embrace and listen to the night, then all return to sing of the season's beauty. Free. Call Elizabeth at 240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

How Beloved This Land (Autumnal Equinox Celebration) • Sept. 21, 3-4:15 p.m. • A time of storytelling, song, and sacred ritual to express our harvest of blessings within and without the organic garden. Free. Call Elizabeth at 240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Winter Solstice Ritual Celebration: Darkness -A Portal into the Light with Esther Kennedy • Dec. 21, 3-4:30 p.m. • This is a time of waiting, watching, and trusting the Light that will shine clearly in darkness. Join like-minded others to observe the winter solstice. Free (donations welcome). Call (517)266-4000; webercenter@adriandominicans.org or webercenter@adriandominicans.org.

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Twenty Years of Reiki

By Suzy Wienckowski • Photos by Joni Strickfaden



October marks my 20-year anniversary as a Master in the Usui System of Reiki Healing. Reiki is a gentle, hands-on healing practice that encourages balance on all levels of being — body, mind, and spirit. “Reiki” means universal life energy, and it is that energy that flows through the hands of a practitioner.

Mikao Usui developed the system in the mid-1920s in Japan after experiencing a profound awakening during a fast and meditation. It is now practiced in nearly every country in the world.

“Reiki” means universal life energy, and it is that energy that flows through the hands of a practitioner.

After two decades, my enthusiasm has not waned since the great joy of discovery I felt on the first day of my Reiki training. I continue to be inspired to deepen my practice and to share the gift of Reiki with others through teaching.

When Reiki came into my life, I had been practicing a variety of bodywork modalities for close to 14 years and was experiencing some pain and discomfort from overuse of my hands and arms. I was in search of a way of doing healing work with others in a way that was gentle on my own body.

I found that and much more — an enriching daily practice, guiding precepts, and a way to satisfy a spiritual longing for connection that I had yearned for since I was a child. I felt as if I had come home and found my true path.

As I say to my students, I cannot imagine my life without Reiki. Hawayo Takata, the woman who brought Reiki to the West, taught this healing method as a simple and practical resource for everyday use. And I do use it everyday in many ways.

My self-treatment refreshes and nurtures me. It is the foundation of my practice. Through it, I have a vehicle for tapping into the inexhaustible supply of healing light that supports my well-being and nourishes my spirit.

Japanese Reiki master, Hiroshi Doi, states:

Reiki energy is the waves of love, harmony, and healing that radiate from the great universe toward all existence.

Love is the spirit of the great universe, harmony is its will, and healing is the result.

All existence is all encompassing, and everything can benefit from Reiki. I offer it to my garden, my food, and my home to cleanse, revitalize, and harmonize.

After two decades, my enthusiasm has not waned since the great joy of discovery I felt on the first day of my Reiki training.

When I encounter challenges throughout the day, my Reiki hands are right there to give me comfort and strength in the moment.

Usui gave his students spiritual precepts as a source of guidance for living each day in a way that can bring healing. Reciting the precepts each morning and evening is a reminder to let go of anger and worry, and to invite gratitude and kindness into our lives.

Living by the precepts is not easy but striving to do so offers a path to gaining compassion and patience.

All of this I do to care for myself. I have learned that this is not a selfish thing, but a necessity, if I am to assist others in their healing. Usui and Takata began with their own healing and instructed their students to do the same. I follow their teachings.

Of course, I also offer Reiki to others, providing sessions to the public through my private practice and to my family and friends as comfort and support for physical, emotional, mental, and spiritual healing. Whether it is a full treatment or a simple hand on a shoulder, Reiki soothes and allows the recipient access to the healing energy of Reiki.

Teaching Reiki to others all these years has brought me great joy and continues to be rewarding. It is for people of all ages and backgrounds. I love this! It’s exciting to see the variety of people that enroll in my classes and hear their stories of what drew them to learn Reiki. Anyone can easily learn to give Reiki to themselves and others. A class may have a business person, a nurse, a teacher, a massage therapist, a veterinarian, a nun, and an artist all seeking healing in some aspect of their lives.





When giving a Reiki treatment, whether to oneself or to another, the practitioner is a conduit for the universal healing energy. The energy is not directed in any way; it is simply offered.

The Reiki Precepts

Today, feel no anger

Have no worries

Show gratitude

Be diligent in all undertakings

Treat others with kindness

(Translation from Mikao Usui's memorial stone)

It is a profound honor initiating others into Reiki practice, awakening their natural ability to bring healing to themselves and to offer gentle healing touch to those around them. Students report back to me about the growth, change, and balance that manifests as a result of their Reiki connection.

These "results" come in many forms: improved sleep, greater focus and clarity, increased creativity, reduction in medication, deeper relationships, decreased pain, anxiety, and stress, a better sense of well-being and peace, just to name a few. All of these benefits are indicative of a return to balance and harmony.

I have learned that there truly is no limit to the form in which healing can take place. Reiki treatment always has a benefit. One cannot necessarily say what that benefit will be. When giving

a Reiki treatment, whether to oneself or to another, the practitioner is a conduit for the universal healing energy. The energy is not directed in any way; it is simply offered.

I cannot predict what the healing will look like for any individual or situation. Reiki is not about doing, or fixing, or knowing the answers. It is about letting go of expectations and allowing the mystery and wonder of healing to unfold.

Simply being and not doing was my largest challenge and learning with Reiki. Not being attached to the results is easier said than done and yet, quite freeing. Allowing myself to just be present with the flow, I find that I benefit from giving a treatment, feeling as relaxed and refreshed as if I had received it.

Reiki is always there for me. With any and every difficulty in life I can invite its loving to surround and fill the situation with Reiki. If a loved one is not within the reach of my touch, I can send it to them at a distance. I am never at a loss.

I am deeply grateful to have this practice that sustains, amazes, and delights me.

Suzy Wienckowski is a Master in the Usui System of Reiki Healing, Licensed Massage Therapist, and Certified Trager Practitioner. She has been involved in the healing arts since 1979 with Reiki being the focus of her work since 1993. Initiated by Libby Barnett, Suzy's training includes study with two Masters who were initiated by Hawayo Takata and with Hiroshi Doi, a member of the Usui Reiki Ryoho Gakkai in Japan. She's a member of The Reiki Alliance. For information about treatments or classes (734) 476-7958 or SuzyReiki@aol.com.

Ceremonies, Celebrations, and Rituals (continued)

Year-End Service: Kindling Light of Wisdom-Mind with Zen Buddhist Temple • Dec. 31, 8-10 p.m. • An occasion to take stock of one's life and to greet the new year in contemplation and reflection. New Year's Day celebration at 11:30 a.m. Everyone welcome. \$10. Call 761-6520; annarbor@ZenBuddhistTemple.org.

Autumn Equinox Celebration with Michigan Friends Center • Sept. 22, 6-9 p.m. • Celebrate the balance of day and night with a potluck dinner followed by a bonfire and sharing of thoughts, poems, stories, songs, and knowledge. All ages welcome for any part of the evening. Bring food to share; water, tea, plates, and silverware provided. Free (donations welcome). Call Carolyn at 475-1892; manager@mfccenter.org or mfccenter.org.

Winter Solstice Sing with Michigan Friends Center • Dec. 21, 7-9 p.m. • The group will sit quietly in a circle and teach each other songs, rounds, and chants of the season. The woods, the sheltered circle focuses on inner light, and the group's voices are the only elements of this celebration of the longest night. Singers and non-singers welcome; for families with older children and adults. Donations appreciated. Register with Carolyn at 475-1892; manager@mfccenter.org or mfccenter.org.

Channeling

Evenings with Aaron with Barbara Brodsky and Aaron • Sept. 17, Oct. 15, Nov. 19, Dec. 17; 7-9:00 p.m. • All are welcome to this session with Aaron and Barbara. Aaron gives a talk followed by Q & A. Aaron's talk will cover a variety of spiritual practices including vipassana and pure awareness meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sounds, and open heart. Free (donations welcome). Call Deep Spring Center at 477-5848; info@deepspring.org or DeepSpring.org.

Channeling Universal Truths, Living with Higher Guidance with Michelia Sheldon • Sept. 20, Oct. 25, 12-1:45 p.m. at Crazy Widsom Community Room • In this class, the instructor will channel a guide that is best suited to address questions and improve daily life. Please come prepared with questions about health, longevity, government, religion, relationships, energy, and technology. Free, donations accepted. Call (248)491-8333; micheliasheldon@flowerofflifercenter.org or flowerofflifercenter.org.

Chanting

Chanting with Ann Arbor Kirtan • Sept. 19, Oct. 17, Nov. 21, Dec. 13; 7:30-9:30 p.m. • Come join an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. \$5. Call 645-8904; karenrlevin@gmail.com or kirtanannarbor.org.

Chanting, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Fridays, Sept.- Dec., 8:15 p.m. • All faiths, meditation practices, and traditions are welcome for devotional chanting (in English) to help open our hearts and go deeper into stillness and peace. Chanting is followed by pure meditation and silent prayer, with winged prayer for all in need at 9 p.m. Free. Call (517)641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Childbirth

Natural Hospital Birth Class with Cynthia Gabriel • Four Saturdays beginning Sept. 13, 9-11:30 a.m. • Author of *Natural Hospital Birth: The Best of Both Worlds* offers a childbirth education series for women or couples who are planning natural hospital births. \$250. Call 929-7317; cynthia@togrow.org or thebirthmuse.wordpress.com.

Herbs for the Childbearing Year with Anna Fernandez • Sept. 14, 1-4 p.m. • This class will cover everything from fertility to postpartum depression, discussing useful herbs in both acute and long-term situations. This class will benefit potential parents, doulas, childbirth educators, midwives, and nurses. \$40. Call 395-5868; anna.motherbloom@gmail.com or motherbloom.com.

Top Seven Questions about Becoming a Doula-Monthly Teleseminar with Patty Brennan • Sept. 8, Oct. 6, Nov. 3, Dec. 1; 8-9 p.m. • Join an interactive teleseminar designed to explore whether or not becoming a doula is right for you. This conference call is for anyone wanting to learn about doula training, career paths, the "on-call" lifestyle, blending doula work and family life, the viability of doula business and more. Free. Call 663-1523; patty@center4cby.com or center4cby.com.

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The Crazy Wisdom Calendar

Childbirth (continued)

Reducing Childbearing Risks with Patty Brennan and Guests • Sept. 27, 8:30 a.m.-5 p.m. • Become an agent for social change in maternal-infant health. The class will address the challenges faced by community doulas and other professionals including: preventing prematurity, communication techniques, support for women in abusive relationships, boundary challenges and more. Approved for 7.25 DONA Continuing Education Contact Hours. Free to professionals in the field. Call 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Support Skills for Doulas with Barbara Robertson • Oct. 18, 8:30 a.m.-6 p.m. • This workshop ensures an up-to-date, evidence-based approach to breastfeeding. Tremendous leaps have been made in understanding how breastfeeding works and how to best support moms and babies. This course is designed for any professional who works with moms postpartum and will present research and strategies for employing effective communication techniques to troubleshoot challenges. \$135 (\$110 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

DONA Postpartum Doula Workshop with Patty Brennan and Guests • Oct. 16-19 • Turn a passion for helping moms, babies, and new families into a profitable career by becoming a postpartum doula. This course focuses on breastfeeding support, baby wearing basics, support strategies for depressed moms, holistic healing measures, families with multiples, and more. This training fulfills two certification requirements for postpartum doulas through DONA International. \$595 (\$540 early registration). Call for times at 663-1523; patty@center4cby.com or center4cby.com.

DONA Birth Doula Workshop with Patty Brennan • Nov. 7-9 • This course is for those interested in a career working with moms and babies. You do not need to be a mother yourself, nor to have a medical background to become a professional birth doula-just a passion for birth and a desire to be in a support role for moms. This training is hands-on, skill-based, and fulfills two certification requirements for birth doulas through DONA International. \$510 (\$450 early registration). For times, call 663-1523; patty@center4cby.com or center4cby.com.

Focus on Labor & Birth: Childbirth Preparation Condensed Class with Center for the Childbearing Year • Sept. 6; Oct. 25 & Nov. 1; Dec. 4, 11, 18 • This interactive, hands-on class is for couples with busy schedules or for couples seeking a refresher class for a second (or more) baby. Increase confidence by learning natural approaches to pain management, support techniques and comfort measures (how partners can help), and tips for smoothing your recovery and adjustment postpartum. Lending library, free mother-baby drop-in groups, and more. \$180/couple (discount for multiple classes). Call for times at 662-1523; patty@center4cby.com or center4cby.com.

Preparation for Giving Birth & Caring for Your Newborn with Center for the Childbearing Year • Wednesdays, Sept. 10- Oct. 15 or Tuesdays, Nov. 11- Dec. 9; 6:30-9 p.m. • Navigate your birth journey with confidence through classes in a cozy community environment. Learn natural approaches to pain management, support techniques and comfort measures (how partners can help), your full range of choices, and more. Choose from a six-week condensed class or comprehensive, multi-media, online classes. Lending library, free mother-baby drop-in groups, and more. \$255/couple (discount for multiple classes). Call for times at 662-1523; patty@center4cby.com or center4cby.com.

Natural Birth, Condensed with Beth Barbeau • Sept. 13, Oct. 25, or Nov. 22; 1-5:30 p.m. • Emphasizing both the positive and practical, this class includes 40 ways to reduce pain in labor; how daily life can support and encourage normal labor and birth; how to cut chance of Caesarian delivery in half and avoid labor induction; normal labor rhythms and variations; keeping energy up during labor and more. Class works as stand-alone, refresher, or add-on to any childbirth education class. Call 994-8010; Info@TheIndigoForest.com or TheIndigoForest.com.

Breastfeeding Made Simple with Beth Barbeau • Oct. 4 or Nov. 8, 9 a.m.-12:30 p.m. • Learn the basics of breastfeeding and become comfortable with a range of normal breastfeeding patterns. Includes learning how to have a breastfeeding- friendly birth team, how to know that baby is getting enough, how to build and protect an ample milk supply and how to position, latch on, and comfortably enjoy nursing baby. \$50. Call 994-8010; Info@TheIndigoForest.com or TheIndigoForest.com.

Infant Massage and Attachment with Sierra Hillebrand • Thursdays, 10:30-11:45 a.m. • Develop loving communication and attachment with baby through the ancient art of infant massage. During this four-week class, parents will enhance communication and loving interaction, develop confidence in reading and responding to baby's cues, establish routines that reduce fussiness, enhance sleep, and facilitate relaxation for parents and babies. \$110/series. Call 222-9023; contact@sierrahillebrand.com or sierrahillebrand.com.

Belly Time Pregnancy Group with Sierra Hillebrand • Alternate Tuesdays, 6:30-8:00 p.m. • A well-supported pregnancy can be the foundation of years of healthy living and mothering to come. Traditions that honor, nurture, and initiate pregnant women go back thousands of years, but are often neglected in our culture. This resource and support group offers sharing, celebration, and reflection so that pregnant women can access the deep wisdom and instinctive capabilities essential to clear decision-making and healthy, joyful motherhood. \$75/month. Call 222-9023; contact@sierrahillebrand.com or sierrahillebrand.com.



KATHLEEN MOORE is a certified teacher of the Alexander Technique, and a certified music therapist, as well as a singer-songwriter and voice/music teacher. For more information, see the “Music” section of the Calendar on page 102.

Christian Mysticism

Today’s Mystics with Arlene Kosmatka • Sept. 24, 10 a.m.-2:30 p.m. • Mystics are lovers of God, the center of their lives, who gives meaning and direction to their journey. This class will help awaken the mystic in participants through the lives and inspiration of some 20th century mystics. \$35 (includes lunch). Call 517-266-4000; webercenter@adriandominicans.org.

Weekend of Freedom Retreat with Jon Mundy, Tony Senf, and Barret Hedeon • Oct. 2-5 • A transformative *A Course in Miracles* weekend featuring authors and experts including Lisa Ryan, Joshua Dolecki, Lorri Coburn, Joe Wolfe, Hank Roth, and others. Breakout sessions, meditation, discussion groups, and healing work will be offered throughout the weekend. \$475. Call Nancy Paton at 989-983-4107; programs@songofthemorning.org or weekendoffreedom.com.

***A Course in Miracles* Study Group with Lorri Coburn • Thursdays, 12-1:30 p.m.** • All welcome to study in a non-dualistic interpretation of *A Course in Miracles*. Free. Call 646-6585; lorricassie@sbcglobal.net or lorricoburn.com.

Craniosacral Therapy

Introduction to Biodynamic Cranialsacral Therapy with Jan Pemberton • Sept. 18-21, 9 a.m.-5 p.m. • This BDCT Introduction is experiential, gently challenging, and fun. Cranial Sacral Therapy is a gentle and subtle hands-on work. This experiential training is especially appropriate for those working with other healing modalities who are interested in deepening awareness of the human system. \$550. Call 973-2013; Jan@BiodynamicCranialsacral.com or BiodynamicCranialsacral.com

Crystals

Quartz Crystal Beginners with Jennifer Vanderwal • Oct. 12, 11 a.m.-3 p.m. • Learn about quartz crystals including configurations, record keepers, and isis crystals. Learn how to identify and use them as healing tools by constructing basic healing arrays. Each participant receives a free quartz crystal. \$60. Call Pat Krajovic at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksCenter.com.

Using Stones for Dreaming with Jennifer Vanderwal • Nov. 16, 1-3 p.m. • Learn about stones that can help insomnia and enhance dreams. Lean how to use them in healing crystal arrays and feng shui. \$30. Call Pat Krajovic at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksCenter.com.

Using Stones for Healing with Jennifer Vanderwal • Sept. 28, 1-3 p.m. • Learn about various minerals that can be used in healing mentally, physically, emotionally, and spiritually. Learn how to use stones in healing, including affirmations, self-limiting beliefs, feng shui, and arrays. \$30. Call Pat Krajovic at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksCenter.com.

Stones in Meditation with Jennifer Vanderwal • Sept. 7, 1-3 p.m. • Learn about various stones that can be used to enhance meditation, why and how they work, and different ways to use them in crystal arrays, along with a guided meditation. \$30. Call Pat Krajovic at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksCenter.com.

Death and Dying

Death Cafe with Merilynne Rush and Diana Cramer • Sept. 20, Oct. 18, Nov. 15, Dec. 20; 10 a.m.-12 p.m. at Crazy Wisdom Tea Room • Eat cake, drink tea, and talk about death. Conversation led by the participants -no agenda other than to listen and share. All are welcome. Free. Call 395-9660; mrush@afterdeathhomecare.com or afterdeathhomecare.com.

***A Will for the Woods* Green Burial Documentary with Merilynne Rush • Oct. 10, 7:30 p.m.** • This award-winning documentary is a must-see for anyone interested in alternative funeral and burial practices. Follows the life and death of Ann Arbor native Clark Wang as he helps create a new green burial cemetery in North Carolina. An uplifting portrayal of one man’s end-of-life journey. Discussion follows. \$10. Call 395-9660; mrush@afterdeathhomecare.com or awillforthewoods.eventbrite.com.

Green Burial Conference: Exploring Issues and Options with Merilynne Rush • Oct. 11, 8:30-5 p.m. • Many people like the idea of having a green burial, but don’t know what it is or where it’s available. Explore the effects of conventional practices on the environment, natural burial choices, and how to create more options. Funeral directors, cemetery owners, clergy, environmentalists-all are welcome. \$85 (lunch included; \$70/ seniors or students; \$68 Matthaei members). Call 395-9660; mrush@afterdeathhomecare.com or greenburialannarbor.eventbrite.com.

Divorce Support

Cultivating Peace During and After Divorce with Melanie Fuscaldo • Sept. 2, 12-1 p.m. • Cultivate your innate peace during and after divorce through a process that focuses on the gifts of any situation. Find hidden blessings and move into joyful power. \$30. For preregistration, call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Drumming

Drumcommunity with Lori Fithian • Sept. 25, Oct. 22, Nov. 25, Dec. 18; 7-9 p.m. at Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome; no experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com or drumcommunity.com.

Hand Drum Workshop with Panoka Walker • Sept. 13, 9 a.m.-4 p.m. • Enter the journey into hand drumming by sharing stories and teaching around the drum. Participants will make their own 15” elk hide hand drums. \$250-300 sliding scale. Preregister by Sept. 1 at 531-8330; naturelearningcommunity@gmail.com.

Energy Healing

Polarity Therapy Level I with John Bodary and Karen Kerns • Sept. 6, 20, Oct. 4, 18, Nov. 1, 15, Dec. 6, and Jan. 3 • Basic polarity systems, energy anatomy, energy balancing techniques, exercise, diet, and introduction to developing therapeutic presence are studied. One-hour supervisions with the instructor are scheduled between each class and are included in the tuition. \$65 deposit, \$80/class session. For times call Betty Teeg at 313-647-0038; bettyteeg@att.com or polaritycenter.com.

Polarity Therapy Level II with John Bodary and Karen Kerns • Sept. 13-14, Oct. 11-12, Nov. 8-9, and Dec. 13-14 • This class will include energy balancing theory, the theory of healing, deepening the 5 element theory, theory of energy, body structure, and the nervous system, and therapeutic presence skills. Two one-hour supervisions with the instructor are scheduled between each class and are included in the tuition. \$275/week-end. For times call Betty Teeg at 313-647-0038; bettyteeg@att.com or polaritycenter.com.

There are years that ask questions and years that answer.

— ZORA NEALE HURSTON

The Crazy Wisdom Calendar

Energy Healing (continued)

Chakra Balancing with doTerra EO with MJ LaDuke • Sept. 27, 9 a.m.-2 p.m. • Experience the peace and balance you deserve with chakra balancing. Beginning with assessment through dowsing, oils are then placed along the spine. Finish with reassessment. Free crystal and guide included. \$60 (mention Crazy Wisdom). For appointments, call 586-929-0806; mj@bhaktiwellness.com or bhaktiwellness.com.

Qigong with Joel Robbins • Cultivate healthy body and mind with easy-to-learn, meditative movements which promote relaxation, coordination, and inner vitality. These classes will explore traditional Qigong sets, including Hun Yuan primordial qigong, Chan Si silk reeling qigong, five animal frolics, and more. Open to all levels. \$15. Call for dates and times. 315-0573; joelrobbinsherbalist@gmail.com or joelrobbinsherbalist.com.

Advanced Etheric Healing with Karen Greenberg • Oct. 17, 24, 31, Nov. 7 • Learn the light and laser healing modality and basic etheric healing. Class will include balancing vertical and horizontal axes; magnetic, etheric, and dimensional energy, karmic, matrix, cap removal, and cord cutting. Learn advanced etheric healing for removing areas representing negative emotions, thoughts, and negative emotions. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Pranic Healing Introduction: Your Hands Can Heal You with Dave Krajovic • Oct. 9, Dec. 1; 6-8 p.m. • Learn to heal with your hands with a simple technique to relieve stress and enhance energy flow through pranic healing. \$15. Call 416-5200; info@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Pranic Healing Clinic with Dave and Pat Krajovic • Third Wednesday of Sept.- Dec., 7-8:30 p.m. • Dissolve and disintegrate dirty and blocked energy. Pranic healing can be effective with many illnesses and diseases. Meditation twin hearts at 7 p.m. Other pranic healing practitioners welcome. Free (donation welcome). For appointment call Pat at 416-5200; inspire.globalbreathinstitute.com.

Journey Through the Chakras with Pat and Dave Krajovic • 8 Thursdays beginning Sept. 25, 6-8 p.m. • Learn basic energy anatomy. Understand the functioning of each chakra and its influence on balance and harmony. Includes meditation and breathwork to journey deeply into profound energy system. \$222 (\$199 by Sept. 10) or \$35/session. Call 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Crystalline Consciousness Technique: Awakening to Your Energetic Self with Mridu Pasrija • Sept. 10, 11, Oct. 19, Nov. 9, Dec. 5 • Learn an easy technique for creating greater levels of protection, connection with others, releasing overwhelm in large groups, and clearer communication. This tool can help set the tone for the day and how you experience it, as well as keeping group energy focused and productive. Can be used to enhance other energy modalities or strengthen traditional medicine practices. 3 continuing education credits available for nurses and massage therapists. \$150. Call 248-470-5610; mpasrija@liveliferadiantly.com or liveliferadiantly.com.

Learn the Emotional Freedom Technique with Melanie Fuscaldo • Sept. 9, 12-1 p.m. • Learn a powerful tool you can use anytime to improve your health, career, abundance, relationships, retirement and more. Release what is not life-enhancing (fears, emotions, trauma, depression, negativity, disease) and increase joy in your life. Experience reduced conflict and suffering and increased peace. \$30. Call to reserve space at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Energy Healing with Barb McConnell • Sept. 20-21, Dec. 6-7 • Learn 12-14 basic techniques to balance and energize the human energy system and promote healing. Lecture, demonstration, and hands-on will be included. 18 CEs available for nurses and massage therapists. \$310 (\$290 early registration) includes notebook. Call 517-914-4133; mconb51@bigplanet.com.

Healing Touch Certificate Program Level 2 with Barb McConnell • Oct. 25-26, 8:30 a.m.-6 p.m. • Completion of Level 1 required. Review Level 1, plus learn back techniques and spiral. Emphasis on developing healing sequences for specific needs. CEs available for nurses and massage therapists. \$310 (\$290 early registration) includes notebook. Call 517-914-4133; mconb51@bigplanet.com.

Healing Touch Certificate Program Level 3 with Barb McConnell • Nov. 15-16, 8:30 a.m.-6 p.m. • Completion of Levels 1 and 2 required. Learn to increase your energy level to facilitate deeper healing in your clients. Chelation, lymphatic drain, and additional back techniques are part of this level. CEs available for nurses and massage therapists. \$300 (\$290 early registration) includes notebook. Call 517-914-4133; mconb51@bigplanet.com.

Spiraling into Infinite Modality with Karen Greenberg • Nov. 2, 9 a.m.-12 p.m. • Learn to perform this powerful energy healing modality on clients to assist in energetically expanding into and identifying with their limitless spirit body, rather than identifying with their limited physical body. \$350 (payment plans available). Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Energetic Clearing with Karen Greenberg • Oct. 5, 12-5 p.m. • Learn clearing and sanctification of a room, home, building, land, or person. Learn cord cutting, banishing, making holy water and protection essence, and about lower and higher energy negative beings. \$99. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Energy Transfer and Discourse with Ethann Fox • Sept. 20, Oct. 25; 2-4 p.m. at Crazy Wisdom Community Room • Discussion of topics including energy, auras, spirituality, and consciousness. Instructors will work with participants to increase flow of energy while directing karma and negative energy to instructor. Attendees have reported breakthroughs in their health and happiness, as well as measurable changes in their consciousness levels. Free (donations accepted). Call 248-602-0384; info@ethannfox.com or floweroflifecenter.org.

An Introduction to Esoteric Healing with Joanne Karpinen • Sept. 18-21 • Esoteric healing is a soul-centered approach to healing based on a practical understanding of the energy fields generated by the body's chakra system. Participants will learn how the chakras inform physically, emotionally, mentally, and spiritually. The workshop draws from yoga and *Esoteric Healing* by Alice Bailey. \$375. Call 517-420-4506; drkarpinen@aol.com or IntegratedHealingJourneys.com.

Creating Boundaries through Containers with Kiera Laike • Sept. 8, 7-9 p.m. • Learn about the mechanisms in the body that create the electromagnetic field or container that provides energetic boundaries. \$30 (\$25 early registration). Call 248-355-2191; SensologyInstitute.com.

Creating Boundaries through Containers with Abbe Grossman • Oct. 27, 10 a.m.-12 p.m. • Learn about the mechanisms in the body that create the electromagnetic field or container that provides energetic boundaries. \$28. Call 248-470-5738; tchserves.org.

Creating Boundaries through Containers with Denise Bigelow • Nov. 3, 10 a.m.-12 p.m. • Learn about the mechanisms in the body that create the electromagnetic field or container that provides energetic boundaries. \$15 (\$10 early registration). Call 248-417-4800; SensologyInstitute.com.

Embodied Practice Introduction with Abbe Grossman • Sept. 13, 10 a.m.-12 p.m. • Experience a deep connection to soul essence energy as reflected in the body. Learn about the mechanisms in the body that create the electromagnetic field or container that provides energetic boundaries. \$15 (\$10 early registration). Call 248-470-5738; tchserves.org.

Embodied Practice Introduction with Denise Bigelow • Oct. 11 or Dec. 8, 10 a.m.-12 p.m. • Experience a deep connection to soul essence energy as reflected in the body. Learn about the mechanisms in the body that create the electromagnetic field or container that provides energetic boundaries. \$15 (\$10 early registration). Call 248-417-4800; SensologyInstitute.com.

Enneagram

What's This Enneagram About Anyway? with Su Hansen • Sept. 17, 7:15-8:30 p.m. • A quick look at what people are finding useful about the enneagram in their daily life, their spiritual life, at work, and in relationships. Free. Contact su@suhanzen.com or suhanzen.com.

Essential Self in Everyday Life Preview with Su Hansen • Oct. 1, 7:15-8:30 p.m. • A quick preview for people interested in an ongoing monthly group focused on bringing more of their essential selves into their everyday lives. Use the enneagram and awareness practices, as well as techniques to relax the ego and allow the self to emerge. Even if you are interested in the group, come and experience how you can be more fully yourself. Free. Contact su@suhanzen.com or suhanzen.com.

Exercise and Fitness

Integrating Franklin Method in Yoga: Shoulders with Suzanne Willets Brooks • Nov. 1, 12-2 p.m. • Learn how your shoulders are designed to move through experiential understanding of the shoulder bones and joints. Apply embodied shoulders efficiently in various asanas. Achieve a deeper understanding, ease of movement, and greater flexibility in how the shoulders function in asana. \$30. Call 323-9664; suzzydance@yahoo.com or pilatesloftstudios.com.

Integrating Franklin Method in Pilates: Shoulders with Suzanne Willets Brooks • Oct. 18, 12-2 p.m. • Learn how your shoulders are designed to move through experiential understanding of the shoulder bones and joints. Learn how to embody the shoulder girdle through various applications to mat, reformer, and cadillac. Learn Franklin ball and band exercises to create smooth joint action in the shoulder girdle. \$30. Call 323-9664; suzzydance@yahoo.com or pilatesloftstudios.com.

Integrating Franklin Method in Yoga: The Pelvis with Suzanne Willets Brooks • Oct. 11, 12-2 p.m. • Experience effortless alignment and balance for the whole body through experiential understanding of the pelvic bones and joints. Experience embodiment of the pelvis and functions in asana. Achieve a deeper understanding and greater ease of movement in how the pelvis functions in asana. Learn ball and band exercises to train and balance joints and muscles of the pelvis. \$30. Call 323-9664; suzzydance@yahoo.com or pilatesloftstudios.com.

Integrating Franklin Method in Pilates: The Pelvis with Suzanne Willets Brooks • Sept. 27, 12-2 p.m. • Experience effortless alignment and balance for the whole body through experiential understanding of the pelvic bones and joints. Apply embodied experience of the pelvis to various applications in mat, reformer, and cadillac exercises. Experience release of tension and effortless movement with Franklin balls and bands. \$30. Call 323-9664; suzzydance@yahoo.com or pilatesloftstudios.com.

Energized, Motivated and Healthy through Imagery with Suzanne Willets Brooks

• **Sept. 20, 12-1:30 p.m.** • This workshop will introduce the principles that underlie the effective application of imagery. Create effortless alignment and balance, discover natural flexibility, and learn about motivational imagery, goal setting, and imagery to improve confidence. Increase range of movement and release tension using Franklin balls. \$25. Call 323-9664; suzzydance@yahoo.com or pilatesloftstudios.com.

Franklin Method: Liberate Your Shoulders and Free Your Neck with Suzanne Willets Brooks • Thursdays, Oct. 23-Nov. 27, 6:30 -7:30 p.m. • Learn how shoulders were designed to move through experiential understanding of the bones and joints. Learn to have suspended free shoulders. Learn Franklin ball and band exercises to create smooth joint action. \$100. Call 323-9664; suzzydance@yahoo.com or pilatesloftstudios.com.

Franklin Method Pelvic Power with Suzanne Willets Brooks • Thursdays, Sept. 11-Oct.16, 6:30-7:30 p.m. • Experience effortless alignment and balance for the whole body through experiential understanding of the pelvic bones and joints. Discover and apply dynamic imagery of the sacrum. Learn ball and band and imagery exercises to train and balance pelvic joint and muscles. \$100. Call 323-9664; suzzydance@yahoo.com or pilatesloftstudios.com.

Martial Arts Lessons with Nathaniel Dorris • Thursdays, Sept.-Dec., 6 p.m. children, 7 p.m. adults; Saturdays, 9:30 a.m. children, 10:30 a.m. adults • Martial arts training is designed to promote vitality and good health. It can also develop coordination and intelligence, instill values, and build character. Free. Call 604-9146; DorrisHapkido@aol.com.

Festivals and Fairs

Intuitives Interactive Fall Holistic Psychic Fair • Oct. 5, 10 a.m.-6 p.m. • A day of insight, guidance, and healing in a new venue with ample parking and improved reader registration system. Readers will provide psychic, tarot, and angel card readings or connect with departed loved ones. The event also includes a palm reader, astrologer, psychic artist, aura photographer, energy and body work, vendors' table, and lectures. Sponsored by Crazy Wisdom Bookstore and Tea Room, *Crazy Wisdom Community Journal*, *Body Mind Spirit Guide*, and Body Mind Spirit Radio. \$5 (practitioner sessions extra). Call Amy Garber at 358-0218; intuitivesinteractive@hotmail.com or intuitivesinteractive.com.

Dawn Farm 41st Anniversary Jamboree • Sept. 7, 1-6 p.m. • The Jamboree is a family event with activities for all ages including live music, hayrides, pony rides, moon bounce, crafts, games, and activities. You may also tour the farm, pet the animals, and participate in live and silent auctions. Free. Call Megan Rodgers at 485-8725; info@dawnfarm.org; dawnfarm.org/upcomingevents/jamboree.

Animal Haunts with Leslie Science and Nature Center • Oct. 25, 6-8 p.m. • Celebrate Halloween with LSNC's non-scary animal haunts. Take a guided hike through Black Pond Woods, where costumed interpreters bring plants, animals, and other natural objects to life through natural history and stories. Enjoy harvest games and crafts, pumpkins, face painting, and a hay ride. Costumes encouraged. \$9/person or \$34/family (\$8/person or \$30/family for LSNC members). Register at 997-1553; info@lesliesnc.org or lesliesnc.org.

Homegrown Festival • Sept. 6; 6-10 p.m. • Celebrate local food with farmers and eaters of southeast Michigan at a night of music, dancing, laughter and great food. Held under the historic Ann Arbor Farmers Market pavilion, the seventh annual festival showcases how a vibrant, sustainable local food system strengthens community food security in southeast Michigan. Free. Call Erin at 707-8488; erinmitt@gmail.com or homegrownfestival.org.

Film

Free Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Bring your friends and enjoy a free film and discussion about dharma and the film. Concessions are available. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Sept. 26 • *Room To Breathe*

Oct. 24 • *The Lost World of Tibet*

Nov. 21 • *An American Rimpoeche*

Dec. 19 • *What Dreams May Come*

Documentary film: *The Phenomenon of Bruno Groening* with Bruno Groening Circle of Friends at Crazy Wisdom Community Room • Nov. 1, 1-7 p.m. (two breaks) • This film documents a worldwide-known healer from the 1950s. Many viewers have experienced a power or a current in their bodies while watching. Some have reported the disappearance of pain, handicaps, and other forms of suffering. Free (donations welcome). Call Cathy DeLauter at 994-8847; usa@bruno-groening.org or bruno-groening.org.

***Bodhisattva: The Journey of the Seventeenth Karmapa* with Karma Thegsum Choling • Sept. 24, 7 p.m.** • Mark Elliott's documentary portrays Gyalwa's first visit to the west. The film covers his first US tour, childhood in Tibet, current situation in Dharamsala, India, and includes footage of the previous Sixteenth Karmapa. The film is a sequel to Elliott's earlier documentary *The Lions' Roar* (1987). Free. Contact Pat at 678-7549; aakte@yahoo.com, kagyu.org, or crestonefilms.com/our-films/bodhisattva.

***Bodhisattva: The Journey of the Seventeenth Karmapa* with Ann Arbor Karma Triyana Dharmachakra Center • Sept. 24, 7:30-9:30 p.m.** • A brief introduction to the Ann Arbor KTD Center and screening of the movie. Free. Call Chuck Barbieri at 686-2834; pippibarbieri@gmail.com or kagyu lineage/centers/usa/usa-ann.php.

Crazy Wisdom Poetry Series at the Crazy Wisdom Tea Room hosted by Joe Kelty and Ed Morin

**Second and Fourth Wednesday
of each month, 7-9 p.m.**

Second Wednesdays, 7-9 p.m. • Poetry Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins 6:45 p.m.

Fourth Wednesdays • Featured Reader and Open Mic reading, 7-9 p.m. All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.

Crazy Wisdom Poetry Series Featured readers

Sept 24 - Peninsula Poets Night features readings by poets whose poems appear in the Spring 2014 issue of *Peninsula Poets*, a publication of the Poetry Society of Michigan. Readers include: Laurence Goldstein, David James, Michael Lauchlan, Cynthia Nankee, Saleem Peeradina, Richard Solomon, Larry Thomas, Cody Walker, Robert Brill, and your hosts: Joe Kelty, Ed Morin, and David Jibson.



October 22 - Mary Minock's most recently published book is a memoir of her childhood in Southwest Detroit entitled *The Way-Back Room* (Bottom Dog Press, 2011). Her recent poetry appears in *Driftwood Review*, *The MacGuffin*, *MARGIE*, *Mid-America*, *Patterson Literary Review*, and in the Detroit anthology *Abandon Automobile*. Recent awards include: a Ginsberg Poetry Award, and Finalist

status in the Atlanta Review and Nimrod prizes. She has twice won the Gwendolyn Brooks Award from the Society for the Study of Midwest Literature for her narrative poems. She has just completed a new poetry book manuscript, entitled *The Wildflowers of Detroit*, which blends narrative and lyric poetry from the past and the present.



December 3 - Katherine Edgren's two chapbooks: *Long Division* (2014) and *Transports* (2009) were published by Finishing Line Press. A finalist for the Iowa Review Poetry Award 2010, a semifinalist for the Dana Awards 2010, she has been published in the *Christian Science Monitor*, *Birmingham Poetry Review*, *Barbaric Yawp*, *Main Channel Voices*, *Bear Creek Haiku*, *Coe Review*, the *Evening Street Review*, and in *Writers Reading at Sweetwaters*, *An Anthology*. In 2004, she won Writer's

Digest's non-rhyming poetry award.

These events are **FREE** to attend.
Each featured reader is followed by an hour of open mic.

Joe Kelty, poet and teacher of biology and English at area community colleges.

Ed Morin, poet and former English teacher at area universities and colleges.

**Crazy Wisdom Bookstore & Tea Room
114 S. Main St., Ann Arbor
http://crazywisdom.net/
734.665.2757**

The Crazy Wisdom Calendar

Fundraisers

Whole Foods Community Support 5% Day • Sept. 18 • Whole Foods on Washtenaw will donate 5% of total day’s sales to local grass roots nonprofit Ann Arbor Active Against ALS, whose mission is to raise funds for research towards effective treatments and ultimately a cure for ALS (Lou Gehrig’s Disease). Free. Call Susan Miller at 347-0265; srmiller@ameritech.net or activeagainstals.org.

Handmade for the Holidays with Green Apple Garden Playschool • Nov. 15, 10 a.m.-2 p.m. • The whole family is welcome at fundraiser for Green Apple Garden Playschool. A plethora of handmade gifts and toys will be available for your holiday needs. There will also be supplies for children to create their own special gifts for loved ones. Free; all activities have a small fee. Call Amanda Lodge at 369-8248; greenapplegarden@apple-playschools.org or appleplayschools.org.

Family Fun Field Day with Ann Arbor Against ALS • Sept. 28, 1-5 p.m. • Family Field Day with activities for kids and adults alike. Raffle prizes and bake sale with all proceeds benefitting ALS research. Free. Contact Molly Stamos at mollystamos@hotmail.com or active.comagainstals.org.

Healing

Heart Math for Healing with Melanie Fuscaldo • Sept. 4, 12-1 p.m. • Learn a strategy to bring harmony to your heart, brain, and nervous system for positive health, emotional and spiritual results. Increase your creativity and intuition. \$30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

The Wisdom of the I-Ching with Cindy Murray • Sept. 20-21 • This weekend workshop provides teaching and use of the I-Ching. Explore techniques for posing questions, interpreting and applying answers, and empowering the healing and transformative energies of the symbols of the I-Ching through active imagery, embodiment, and simple ritual work. The goal is for participants to emerge with a basic grasp of how to use the I-Ching and apply its responses to their lives. \$65. For times, call Nancy Paton at 989-983-4107; programs@songoftthemorning.org.

Healing on the Spiritual Path with W. R. Arends • Oct. 30, 7 p.m. • International lecture series of the Bruno Groening Circle of Friends, the largest volunteer organization in the world. The lecture introduces the teachings of Bruno Groening (1906-1959) of Germany. Voluntary donation appreciated. Call Cathy DeLauter at 678-4900; cathy@delauter.com.

How the Body Heals with Gayle Joseph • Oct. 4-5, 9:30 a.m.-4 p.m. • This workshop will help anyone interested in understanding the root causes of common, treatable symptoms and just how the body gets sick or out-of-balance and then heals. \$275 (\$250 before Oct. 1). Call 248-343-3890; gaylemjoseph@gmail.com or cedarwaterhealinglodge.com.

Healing Circle at Deep Spring Center • Tuesdays, 12-1 p.m. • All levels of meditators welcome. Sit together and then offer or receive the loving touch of health and wholeness. Participants may also notify organizers of wellness concerns so that the circle can hold you in the light at the group gathering. Free (donations requested). Call 477-5848; info@deepspring.org; deepspring.org.

Healing Night with Raksha Penni Helsene • Third Thursdays, 7:30-9 p.m. • Meditation from 7:30-8 followed by Reiki healing provided by Reiki healers from the Lighthouse Center. Free (donations welcome). Call Prachi Patricia Thiel at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Healthy Bodies and Healing Teeth with Juliana Sutton • Nov. 25, 10:30-11:30 a.m. • Many people do not realize that teeth can grow a more healthy surface. Covering more than just cavities, learn about how vitamins, minerals, and various nutrients influence proper growth and repair the body and your teeth. Free. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Adam Kadmon Seminar with Full Light Body Activation with Karen Greenberg • Nov. 2; 12-8 p.m. • Learn about raising, fostering the genius of, coaching, teaching, and working with the indigos, and creating the divine union. The class will also explore building spiritual business, mitigating electro-magnetic fields, and other modalities to support the full body light. \$295. To set up a payment plan, call 417-9511; krngrnbg@gmail.com or clair-ascension.org.

Remote Healing Circles with Glenn Palithorp • Sept. 19, Oct. 3, Nov. 14, Dec. 12; 7:30 p.m. • Remote healing can be an important spiritual discipline. Help yourself and others in this healing circle. \$10. Call 417-8682; palithorp@gmail.com or palithorp.com.

Herbs, Plants, and the Garden

Herbal Wisdom: Children and Herbs with Linda Diane Feldt • Nov. 18, 7-8:30 p.m. at Crazy Wisdom Community Room • This class will cover questions parents have about children and herbs: when and how can herbs be used by children? What do you need to know about safety? What are some common uses? Discussion will also include why foraging is natural for children and supports the idea of “no child left inside,” plus why using local herbs has hidden benefits for children. Free. Preregister at the Co-op by calling Karen Vigmostad at 212-0012; outreach@peoplesfood.coop or peoplesfood.coop.

Herbal Wisdom: Preparing, Preserving, and Using Herbs with Linda Diane Feldt • Oct. 21, 7-8:30 p.m. at Crazy Wisdom Community Room • This class will present methods to harvest, store, prepare, and use local herbs. With handouts and examples, participants will learn the basics of what part of the plant to use, when to harvest, and what preparations work best for different uses. This is Herbology 101 made easy. Free. Preregister at the Co-op by calling Karen Vigmostad at 212-0012; outreach@peoplesfood.coop or peoplesfood.coop.

Herbal Wisdom: Distinguishing between Nourishing and Medicinal Herbs with Linda Diane Feldt • Sept. 16, 7-8:30 p.m. at Crazy Wisdom Community Room • Traditional herbology includes nourishing systems of the body as well as addressing symptoms. This class is an introduction to the range of herbal approaches and preparations, and clarifies many of the misunderstandings in comparing herbs and pharmaceuticals. Free. Preregister at the Co-op by calling Karen Vigmostad at 212-0012; outreach@peoples-food.coop or peoplesfood.coop.

Herbal Gifts from the Garden with Anna Fernandez • Dec. 7, 1-4 p.m. • Get inspired by giving and creating gifts for the holiday season which may include herbal cream, body butter, dream pillow, tea blend, room or body spray, and massage oil. When preregistering, list your preferred projects. \$50 (includes materials fee). Call 395-5868; anna.motherbloom@gmail.com or motherbloom.com.

Winter Teas and Infusions with Juliana Sutton • Nov. 4, 10:30 a.m.-11:30 a.m. • Cozy up to chais that nourish and healing teas that the family will love. Learn the difference between healing infusions and tea, and new delicious immune brews that will leave your family clamouring for more. Free. Call 994-8010; Info@TheIndigoForest.com or TheIndigoForest.com.

Elemental Alchemy with Karen Greenberg • Oct. 1, 25, Nov. 2, 8; 10 a.m.-6 p.m. • Learn fire alchemy with different colors and shapes of candles; air alchemy with various oils and incense; water alchemy with multiple stones, flowers, fruits and astrology; and earth alchemy with herbs for joy, love, abundance, health, and more. \$888 plus materials fee. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Introductory Course on the Flower Remedies of Dr. Edward Bach with Carol Bennington • Oct. 18-19 • This interactive course approved by the Bach Cenre, UK, will examine Dr. Bach’s 38 remedies, crisis formula, his philosophy and methodology, and applications for daily life. This is the first step to become a Bach Foundation Registered Practitioner, or for anyone to gain confidence in their use of flower essences. 12.5 NCBTMB CEUs. Contact instructor for times and cost. Call 726-4303; Journey@Awakening-Hearts.com or Awakening-Hearts.com.

Holistic Health

Root Medicine and Winter Tonics with Anna Fernandez • Oct. 25, 3-6 p.m. • Discuss the benefits of local fall roots. Talk about their use as food and as medicine, how and when to harvest them, and how to preserve them to use throughout the year. The course will also cover winter tonics and how to make medicines to keep self and family healthy throughout the winter season. Participants will take home some herbal medicines. \$40 (+ \$20 materials fee). Call 395-5868; anna.motherbloom@gmail.com or motherbloom.com.

Breast Thermography with Adelpha Breast Thermography • Oct. 2, 10:30 a.m.-4 p.m. • Infared thermography is a non-invasive technique that is safe, affordable, easy, requires no compression, pain, or contact. It is intended to provide earliest detection of functional physiological changes in the breast tissue by measuring heat emission naturally occurring in the body. \$165. Call Bodyworks Healing Center at 416-5200; info@Body-WorksHealingCenter.comcast.biz.net.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called “Background Information” and which starts on page 114.

Moving Through Moods with Improv with Marnie Burkman • Nov. 13, 7-8:30 p.m. at Crazy Wisdom Community Room • Moods involving sadness, anger, and fear can be tough to shift when one is stuck in them. Improvisational comedy exercises are a creative and fun way to bring new energy to stuck feelings and provide an avenue to move through them. \$20. Call 707-8075; michiganintegrative@gmail.com or michiganintegrative.com.

Energy and Modern Technology with Self Realization Meditation Healing Centre • Nov. 3, 5, 7-8:15 p.m. • Learn energy care techniques to enable use of technology without energy drain. Course also covers how to use modern technology in the most creative and beneficial ways without negative side effects. \$60 (scholarships available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCenterMichigan.org.

Natural Allergy Relief with Shannon Roznay • Sept. 8, 7 p.m. • Seasonal allergies can be improved with proper nutrition and supplements. Come find out natural ways to avoid spending money on conventional medications. Free. Call Jessica Bonesteel at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Healthy Eating Out with Shannon Roznay • Oct. 20, 7 p.m. • Sometimes it’s necessary to eat on the go. Learn how to make healthy choices and avoid the pitfalls of eating out. Free. Call Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Hormone Health with Shannon Roznay • Oct. 8, 7 p.m. • Tired of riding the hormone roller coaster? Learn natural ways to balance your system. Free. Call Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Win the Sugar War with Shannon Roznay • Sept. 24 or Nov. 5, 7 p.m. • Sugar is bad for health, yet many love it. This lecture teaches how to reduce cravings and win the war on sugar. Free. Call Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Healthy Holiday Eating with Shannon Roznay • Dec. 4, 7 p.m. • Worried about getting through the holidays while maintaining a healthy diet? This class presents ideas and tips to get you through without feeling deprived of tasty treats. Free. Call Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Stress and Fatigue with Shannon Roznay • Nov. 17, 7 p.m. • The pace of our busy lives can wreak havoc on our health. This workshop gives participants strategies for handling anxiety, mood swings, and lack of energy with the right nutrition. Free. Call Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Thrive Open House with Shannon Roznay • Nov. 8, 12-3 p.m. • Learn more about what Thrive has to offer about improving health through better diet and natural supplements. Free. Call Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Ten Steps to a Healthier Family with Juliana Sutton • Sept. 2, 10:30-11:30 a.m. • Interested in moving your family into a healthier lifestyle, but wondering where to start? This class helps you get started, demystifying healthy food and water to inspire and empower you to lead your family to health. Free. Call 994-1080; info@TheIndigoForest.com or TheIndigoForest.com.

Homeopathy

Castle Remedies Introduction to Homeopathy with Mary Tillinghast • Choose from one of the following sessions: Saturdays, 2-4 p.m.: Sept. 27, Oct. 11, Nov. 1, Dec. 13; Tuesdays, 6:30-8:30 p.m.: Sept. 9, 29, Nov. 18, Dec. 2; or Thursdays, 6:30-8:30 p.m.: Sept. 18, Oct. 16, Nov. 27, Dec. 18 • The goal of this class is to become comfortably familiar with choosing homeopathic remedies for common symptoms for yourself and loved ones. Infants and partners welcome. \$70. Call 973-8990; marytillinghast@gmail.com or castleremedies.com.

Hypnotherapy

Past Life Regression Workshops with Glenn Pailthorp • Oct. 5, Nov. 16, Dec. 7; 2-4 p.m. • Find out how your past lives can help you live this life. \$10. Call 417-8682; pailthorp@gmail.com or pailthorp.com.

Past Life Exploration with Sandra Marks • Wednesdays in Sept. and Oct., 7 p.m. • Individual sessions will allow you to find the source of pain, anxiety, and discomfort that followed you into this lifetime so that you can release and dissolve those cellular memories. \$60. Call 680-0193; sandramarks77@yahoo.com.

Reduce Stress and Anxiety and Remove Creative Blocks with Hypnotherapy with Tom Hornyak • Nov. 6, 6:45-8:45 p.m. at Crazy Wisdom Community Room • An introduction to what hypnosis is and how hypnotherapy works. The workshop will also explain how it can be used to reduce stress, reduce or eliminate anxiety, and remove creative blocks. Free. Call 945-0914; tom@tomhornyak.com or tomhornyak.com.

What is Hypnosis and Hypnotherapy? with Tom Hornyak • Oct. 23, 6:45-8:45 p.m. at Crazy Wisdom Community Room • An introduction to hypnosis and hypnotherapy and how the subconscious mind works. The workshop will also cover suggestibility, what it means, and how it affects hypnotherapy, as well as defining and demonstrating self-hypnosis. Free. Call 945-0914; tom@tomhornyak.com or tomhornyak.com.

Enhancing Spiritual Growth with Hypnotherapy with Tom Hornyak • Sept. 11, 6:45-8:45 p.m. at Crazy Wisdom Community Room • An introduction to hypnosis and hypnotherapy, the workshop will also explore how hypnotherapy can be used to connect to our higher selves, guides, and angels. The workshop leader will also discuss past-life regression. Free. Call 945-0914; tom@tomhornyak.com or tomhornyak.com.

Integrative Medicine

Cancer: When You Want More Than Your Doctors Have to Offer with Kyle Morgan • Sept. 23, Oct. 28, Dec. 9; 7-8:45 p.m. at Crazy Wisdom Community Room • The workshop leader will present several natural options to eliminate cancer. Several of her patients will also share their stories as cancer-free “thrivers.” \$15 (\$10 in advance). Preregister with Dave at 434-3300; doctorkylemorgan@gmail.com.

Intuitive and Psychic Development

Drop-In Intuitive Readings and Dreamwork with Irena Nagler in the Crazy Wisdom Tea Room • Second and Fourth Fridays of each month, 6:30-9:30 p.m. • Participate in a shared, interactive dream, allowing the soul to release energy, flow, and insight. Irena can use card decks or other objects to focus or simply tune in with the intention to help activate the client’s own powers of discernment, creativity, and confidence in choosing the adventures that call to them. She can help with exploration of dreams recalled from sleep or waking dream-states. \$1.50 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Drop-In Intuitive Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and Third Sundays, 3-6 p.m. • \$1.50 per minute. No appointment necessary. Call 717-8513; marcellapfox@gmail.com.

The Healer Development 101 with Eve Wilson • Tuesdays, Sept. 28- Oct. 28, 7-9:30 p.m. • The workshop will cover intuition development, sacred space and psychic/spiritual boundaries, connections to guardian angels, purifying water, and power animals. Topics will also include crystals, chakras, qabalah, and auras. \$300 (\$280 in advance). Call 780-7635; ewew@spiritualhealers.com or spiritualhealers.com.

Intuitives Interactive Group with Amy Garber • Sept. 7, 21, Oct. 19, Nov. 2, 16, Dec. 2, 21 • For intuitives, indigos, and the curious wishing to explore metaphysical topics with like-minded others. This group will include exercises to develop as an intuitive, demonstrations, discussions, sharing, and social time. Call for times at 358-0218; intuitivesinteractive@hotmail.com or intuitivesinteractive.com.

Heart-based Intuitive Development with Melanie Fuscaldo • Sept. 21, 12-1 p.m. • Develop your intuition using heart-based techniques to discover information about relationships, health, and spiritual goals. Explore inner purpose and career/retirement path. \$30. Call 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Gifts of the Spirit with Karen Greenberg • Nov. 9, 16; 12-9:30 p.m. • Learn how to create and safely reach your sacred space to connect with your higher self. This workshop will introduce participants to Mother Gaia, water divas, air elementals, fire elementals, your monad or spiritual relatives, the master of light and others. \$395. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Teleconference Kundalini Meditation and Clearing with John Friedlander • Sept. 26, Oct. 21, Nov. 25, Dec. 23; 8-9 p.m. • Channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using your own kundalini to increase power and clarity. \$12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc or psychicpsychology.org.

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On September 1, 2014, the Crazy Wisdom Calendar will be available online at our new website: www.crazywisdomjournal.com.

New Earth Healing Group in Ann Arbor

By Karlta Zarley • Photos by Susie Ayer



David K. Miller was led to start the Group of Forty (G.O.F.) to help humanity learn new spiritual technologies that would assist them in healing the earth and in their own ascension process.

My friend, not knowing I was borrowing the book, performed a Tachyon healing on me (which was discussed in the book) while I was visiting her in Phoenix. Afterward, she and I went to Sedona to do energy work at Bell Rock, and discovered a Group of Forty Ladder of Ascension there. I practiced some of the meditation techniques from the book, and then asked to speak to Juliano. I felt his energy as being very different from what I was used to channeling. It felt much more powerful but in a very quiet way, similar to the way a whisper can silence a room of loud conversation. I asked if the G.O.F.

Never underestimate the role of boredom in shaping your future! For weeks, I had been told by Spirit that a new focus would be added to my mission in life, and that it would be revealed while I was in Arizona leading a group event. Little did I know that this focus would then lead me to start a new group in Ann Arbor to partner with folks working worldwide to heal themselves and Mother Earth!

While in Arizona, I ran out of things to occupy myself with during my “down time.” While visiting a friend in Phoenix, I found a book on her shelf that sounded interesting: *Arcturians: How to Heal, Ascend, and Help Planet Earth*. The Arcturians are off-world beings from the star system Arcturus who, from other dimensions, are assisting the Earth and all her inhabitants to move into the New Paradigm more gracefully and smoothly. In the book, I learned that when author David K. Miller began channeling Juliano of the Arcturians, he was led to start the Group of Forty (G.O.F.) to help humanity learn new spiritual technologies that would assist them in healing the earth and in their own ascension process. That’s when the synchronicities began ...

was my next focus and was assured that many people in Southeast Michigan would be interested in this type of group. I was told I would make time for the new group by rearranging my teaching schedule, and that many people in Michigan would be ready to help with the practical details of organizing and leadership. Later, I went to the G.O.F. website (www.groupofforty.com) and sent an email asking if a group in the Ann Arbor area already existed. The founder himself immediately answered me saying there was no group in this region. I then received several emails from people across the United States offering their assistance with anything I might need.

Upon arriving home in Ann Arbor, I sent an email to 90 people I knew in the area, gauging possible interest in the project. I thought I might hear from 10 people — if I was lucky. To my surprise, 35 replied with great interest, and within the first three hours, two local friends answered and said they had been wanting to do something like this but had no idea how to start. Those two friends, Aileen and Orest Storoshchuk (husband-and-wife), were excited to offer their assistance.

Intuitive and Psychic Development (continued)

Teleconference: Seven Planes of Consciousness with John Friedlander • Sept. 17, Oct. 15, Nov. 19, Dec. 17; 8-9 p.m. • Continued exploration of the 49 specific energies of the seven planes, each with seven subplanes, as described in the theosophical literature of the 1900s. \$12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc or psychicpsychology.org.

Teleconference: Focused Mind Meditation Practice Session with John Friedlander • Sept. 7, Oct. 5, Nov. 9, Dec. 7; 10 a.m.-12 p.m. • The development of sustained focused meditation makes it easy to develop a new magnitude of psychic skill and healing ability. The workshop is intended to help participants improve spiritual abilities and develop sustained attention. \$15. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc or psychicpsychology.org.

Building a System to Develop Your Technical Etheric Skills with John Friedlander • Sept. 13, 14 • A continuation of July 2014 Etheric class, this class is also appropriate for new attendees. The main goal is to develop skills to use the etheric with the already-developed abilities we use with our personal aura. \$250 (\$225 before August 13). Contact Gloria for times at hemsherglo1@yahoo.com or psychicdevelopment.cc or psychicpsychology.org.

October Intensive 2014 with John Friedlander • Oct. 27-31, Nov. 1, 2 • Deep sustained meditation and training, spending one day on each of the seven major chakras from a clairvoyant technical perspective. Prerequisite: Foundation Level 1 or instructor’s permission. Contact Gloria for times and costs at hemsherglo1@yahoo.com or psychicdevelopment.cc or psychicpsychology.org.

Kabbalah

Kabbalah Ascension Magic with Karen Greenberg • Sept. 13, 9 a.m.-11 p.m. • For anyone who has completed one year of Kabbalah training, the course will cover angel and archangel names, the path of the flaming sword, the tree of life, tetragrammaron, seal of Solomon, dances, ascension rituals, meditation and more. \$137. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

A Woman’s Wisdom Path to Full Manifestation through Kabbalah with Lucinda Kurtz • Sept. 28 and 7 consecutive Tuesdays • Exploring the fundamental teachings of Kabbalah helps explain the flow of divine energy into physical manifestation, our relationship with spirit, and each person’s unique place in creation. This course centers around the tree of life and uses energetic practices, music, and stories to tap women’s neural pathways and connect in a safe and sacred circle. \$200. Call 635-9441; lucindakurtz@comcast.net.

Life Transitions

Discover the Power and Joy in Your Life Transition with Melanie Fuscaldo • Sept. 16, 12-1 p.m. • If you or a loved one is experiencing a transition in career, retirement, health, or relationship, this process will help open the heart, mind, and body to the gifts in the transition. \$30. Preregister at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Aging Body, Youthful Spirit with Annette Thoin • Sept. 7, 2:30-3:30 p.m. at Crazy Wisdom Community Room • A talk for and about elders, their caregivers, and anyone interested in quality living during the sage years of life. Creative tips and stories for engaging relationship at every stage of the aging process with its challenges and gifts, as well as exploring mind-body-spirit connections with music, touch, movement, color, and expression. \$15. Call 369-4400; yinspaceexpressions@yahoo.com.

For weeks, I had been told by Spirit that a new focus would be added to my mission in life, and that it would be revealed while I was in Arizona leading a group event.

Aileen is a meditation teacher, counselor, and healer, who has been involved in New Age activities for over 35 years. “It began with my own healing and growth and grew to assisting others. The next logical step seemed to be service to Mother Earth, who is the Provider of everything,” Aileen explained. She and her husband, Orest, live on 23 acres south of Flint. “We stopped using pesticides shortly after we were married when we questioned the safety of our pets and other animals. Recently, we learned of co-creative gardening and started applying the principles to our land. Soon we noticed increased lushness in the plant growth, wildflowers that we had never seen before, and saw more wild animals. When Karlta told us about the G.O.F. forming, we jumped at the chance to join,” Aileen said.

Orest, an engineer, was drawn by the specific techniques that the G.O.F. offers for Earth Healing: “I’ve read for years that we are heading into the Golden Age, but no one could tell me how we were going to get there. The G.O.F. gives me a blueprint for positive change.”

Daily volleys of emails ensued, and everything Spirit had communicated to me came true. Within three weeks, 16 people showed up at the informational meetings! On April 5, the first official meeting was held — just a month after I sent that first group email. Aileen, Orest, and I knew that it wasn’t all of our doing — the timing was right, and Spirit and the Arcturians were helping the process along.

The mission of the Group of Forty founder, David Miller, is to create and sustain forty groups of forty people around the world that meet monthly for meditation and energy work. G.O.F. works to promote inner growth by teaching individuals different spiritual technologies to raise their own frequencies. These technologies involve taking optimal care of one’s aura, expanding one’s energies through meditation, and using etheric crystals and biorelativity (which is a way of communicating directly with Earth), as well as other technologies.

The local G.O.F. meets on the first Saturday evening of the month for a potluck and meditation to learn and practice the spiritual techniques, then a short talk about various Earth healing topics . . .

The G.O.F. then shows how to apply these techniques to helping heal the Earth and assisting in her ascension by balancing the negativity generated by humanity with unconditional love and service, reclaiming defiled spaces, and finding, creating, and maintaining new sacred spaces and Planetary Cities of Light. These efforts raise the “spiritual light quotient” (similar to a person’s I.Q. but pertaining to energetic frequencies), making it easier for all sentient beings and Earth herself to move toward Oneness.

Group members use the assistance of the Sacred Triangle: 1) the White Brotherhood/Sisterhood, including ascended masters such as Jesus, Quan Yin, and many others from all mystical traditions; 2) the Native energies (e.g., Chief White



Aileen and Orest Storoshchuk and Karlta Zarley

Eagle and White Buffalo Calf Woman) because of their connection to and ability to understand Gaia; and 3) the Galactic Spirituality represented by the Arcturians that David Miller channels — fifth dimensional cosmic beings who have so much to teach us.

The local G.O.F. meets on the first Saturday evening of the month at 6:30 p.m. for a potluck and meditation to learn and practice the spiritual techniques, then a short talk about various Earth healing topics (for example, creating sacred space at home or recognizing signs of healing in Nature), and finally the monthly channeled message from Juliano via David Miller. Anyone who is interested may participate at anytime for free.

Karlta Zarley, R.N., C.H.T.P., has over 30 years’ experience around the U.S. in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She has been in private practice for 16 years as a professional healer and educator, providing energy work, spiritual direction, essential oil consultations, flower essence master formulas, Earth healing work, and leading classes and retreats. She can be contacted at kzarley@att.net. The local Group of Forty meets at the Center for Sacred Living at 210 Little Lake Dr., Suite 7, in Ann Arbor. There is no charge and no previous skills are required.



Love & Relationships

Creating Your Ideal Mate with Karen Greenberg • Oct. 5, 5-10 p.m. • Identify ideal mate’s qualities and enhance these with the richness of group input. Use meditation, chanting, movement, fragrances, elixirs, herbs, flowers and more to work through fears and trust divine order and timing. \$125. Call 417-9511; krngrnbg@gmail.com or clair-as-cension.com.

Natural Sexuality One-Day Workshop with Annette Gates • Dec. 6, 10:30 a.m.-6 p.m. at Crazy Wisdom Community Room • Understand your patterns in relationships and beliefs around sexuality. Get new insight and practices for better sex and intimacy. Learn about sexual shame, self love, and how connection and inner presence builds deeper intimacy. For individuals and couples. \$150 or \$250/couple. Call 248-246-6221; agates@annettegates.com or naturalsexuality.com.

Natural Sexuality Two-Hour Workshops with Annette Gates • Sept. 4, Oct. 15, Dec. 4; 6:30-8:30 p.m. at Crazy Wisdom Community Room • Understand your patterns in relationships and beliefs around sexuality. Get new insight and practices for better sex and intimacy. Learn about sexual shame, self love, and how connection and inner presence builds deeper intimacy. For individuals and couples. \$30 or \$50/couple. Call 248-246-6221; agates@annettegates.com or naturalsexuality.com.

Creating Partnerships with Self Realization Meditation Healing Centre • Oct. 6, 8, 7-8:15 p.m. • Spiritual knowledge and unconditional love are vital keys to unlock happy relationships, bringing spiritual progress, balance, and enjoyment in all of life. Taking time to consider our needs and priorities in partnerships avoids heartache and steers towards harmony and peace, helping us to be and find the right partner. \$60 for both evenings. Call 517-641-6201; info@SelfRealizationMeditationHealingCentre at SelfRealizationMediationHealingCentre.

Discover at New Way to Love: Introduction to Imago Relationship Therapy with Carole Kirby • Oct. 5; 2-4:30 p.m. at Crazy Wisdom Community Room • This approach to couples counseling teaches couples a new way to share and listen to each other’s thoughts and feelings by offering a way to discover what is beneath long-standing issues and what to do differently; enhance the ability to communicate well with your partner; and change reactive, ineffectual behaviors into compassion, healing, and growth. Free. Preregister at 424-2797; carole777@aol.com or therapy4couples.com.

Embodied Relationships with Kiera Laike • Nov. 10, 7-9 p.m. • Learn a new perspective on soul mates as the workshop explores how the soul essence interacts in relationships through four aspects of being in relationship: pulse, creating, journey, and reflective relationship. \$30 (\$25 early registration). Call 248-355-2191; SensologyInstitute.com.

Embodied Relationships with Abbe Grossman • Dec. 6, 10 a.m.-12 p.m. • Learn a new perspective on soul mates as the workshop explores how the soul essence interacts in relationships through four aspects of being in relationship: pulse, creating, journey, and reflective relationship. \$15 (\$10 early registration). Call 248-470-5738; SensologyInstitute.com.

Meditation

Meditation with the Sisterhood of the Seven Cities of Light with Karen Greenberg • Sundays, 7-7:20 p.m. • Meditation to send light and love from Ann Arbor to Detroit, New York, South Carolina, Georgia, Colorado, Utah, and Washington via phone by calling 605-475-4000 (access code 971-994#). Free. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

The Crazy Wisdom Calendar

Meditation (continued)

Open Mindfulness Meditation Practice with Antonio Sieira • Sept. 11, Oct. 9, Nov. 6, Dec. 4 • Sessions provide experience in mindfulness meditation including Tibetan singing bowl meditation and mett meditation. Meditation, followed by discussions of philosophy, science and spiritual basis of meditation. \$20. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

The Mindfulness Meditation System with Antonio Sieira • Sept. 9-10, Nov. 4-5; 6-8 p.m. • The Mindfulness Meditation is a system of breathing, balance, flexibility, and mental focus/concentration practices designed to create a total mind-body meditative experience. Each session builds on the one prior. \$80. To preregister, call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Guided Full Moon Meditation from the Comfort of Your Home with Dave Krajovic • Sept. 8, Oct. 8, Nov. 6, Dec. 6; 9-9:30 p.m. • Tap into powerful energies, clear negativity and stress. Raise your vibration, gain mental clarity, relax, and connect to source. The more that participate, the greater the energy and more powerful the effect. Free. Call 416-5200; info@bodyworkshealingcenter.com.

Meditation and Ayurveda with Kapila Castoldi • Sept. 17, 24, Oct. 1; 7-8:30 p.m. at the Crazy Wisdom Community Room • Meditation and ayurveda share the same goal: to regain the lost connection with our true nature and achieve a body-vital-mind balance that brings about harmony and happiness in life. \$10 fee for ayurvedic textbook. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Mastering Meditation with Kapila Castoldi • Oct. 19, 26, Nov. 2; 3-5 p.m. at the Crazy Wisdom Community Room • Introductory meditation series offered by the Sri Chinmoy Centre. Topics include concentration, relaxation, breathing, meditation on the heart, role of music and mantras, and meditation in daily life. Free. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

New Year’s Eve Meditation with Lighthouse Center • Dec. 31- Jan. 1, 11 p.m.-12:30 a.m. • Bring in the new year in the highest vibration, meditating to release the old and welcome in the new for 2015. Free. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Christmas Eve Meditation with Lighthouse Center • Dec. 24, 6-7:30 p.m. • Meditation and Christmas carols celebrating the birth of Christ and the Christ light within us. Free. Call Prachi at 417-5804; lighthousecenterinc.org.

Thanksgiving Eve Meditation with Lighthouse Center • Nov. 26, 7-8:30 p.m. • Mantra meditation of gratitude and thanksgiving for all of our blessings, challenges, and lessons. Vegan potluck follows; no need to bring anything. Free. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

24-Hour Meditation Vigil with Lighthouse Center • Nov. 8-9; 6-6 p.m. • Attend all or part of the 24-hour meditation, which provides a deep cleaning and release of the nervous system. Dedicated to world peace through inner peace. Free. Contact Prachi at cprachi17@gmail.com or lighthousecenterinc.org.

Chakra Meditation Class with Nirmala Hanke • Wednesdays, Oct. 1-Nov. 19, 7:30-9:30 p.m. • Introduction to the seven chakra energy centers, with empowerment for each chakra. Prerequisite is 2 months of mantra meditation. \$85 (\$75/pledging). Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Learn to Meditate with Nirmala Nancy Hanke • Sept. 26, Oct. 24, Nov. 28; 7-9:30 p.m. • Introduction to meditation. Learn how all meditations are good and how your thoughts are an essential part of the process. Talk followed by a 20-minute meditation experience with a mantra. \$35 (\$25/students; \$15 repeat). Preregister with Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Intensive Meditation with Lighthouse Center • First and third Fridays, 7-10:15 p.m. • Chanting and prayer, followed by meditation on each of the seven chakra energy centers. A deep cleansing and renewal to supplement your meditation practice. Free. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Sunday Candlelight Meditation and Healing with Lighthouse Center • Sundays, 6-7:15 p.m. (after standard time resumes: 5-6:15 p.m.) • Candle lighting, Sanskrit chanting, meditation, affirmations, visualizations, and healing circle. Reiki healing available. Free. Call Prachi 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Introduction to Meditation with Sandra Villafuerte and Dorothy Ann Coyne • Oct. 11, Nov. 8, and Dec. 13 • An introduction to insight meditation with no experience necessary. Wear comfortable clothes; cushions and chairs are provided. \$30/session. To preregister, call 477-5848; info@deepspring.org or DeepSpring.org.

Welcoming Stillness: Day of Workshops on Insight Meditation with Deep Spring Center • Sept. 6; 9 a.m.-4 p.m. • Morning and afternoon insight meditation workshops. Walk-ins welcome as long as space remains. \$40 (\$20 students, veterans, and armed services). To preregister, call 477-5848 or info@deepspring.org or DeepSpring.org.

Let’s Take the Suffering Out of Aging, Illness, and Dying with Lisa Zucker and Dorothy Ann Coyne • Nov. 5, 12, Dec. 3, 10; 7-8:30 p.m. • Learn how to make the choice to be with aging, illness, and dying rather than suffering through them. The class will focus on being present in the moment, sharing practice with the community of the class, and developing a toolbox that may be helpful. \$60. Call 477-5848; info@deepspringcenter.org or DeepSpring.org.

Be a Lamp Unto Yourself Support Class with Amy and Markus Koch • Sept. 30, Oct. 14, Nov. 11, 25, Dec. 9; 7-8:30 p.m. • Support class for *Be a Lamp Unto Yourself* that includes guided and silent meditation and allow further discussion and practice with the class material. Free. Call 477-5848; info@deepspring.org or DeepSpring.org.

Be a Lamp Unto Yourself with Barbara Brodsky, Dan Muir, and Amy Koch • Tuesdays, beginning Sept. 23, 6:30-9 p.m. • The Buddha said, “Be a lamp unto yourself.” How do we access that lamp and live from our deepest heart and truth, with wisdom and compassion? The primary focus of the class is to deepen meditation practice and consider how to bring the experiences and insights gained through meditation into practice in the world. \$105. Call Barbara at 477-5848; bbrodsky@deepspring.org or DeepSpring.org.

Sunday Morning Meditation with Deep Spring Center • Sundays, 10-11:30 a.m. • Sitting meditation followed by half hour of mindful sharing. Free. Call 477-5848; info@deepspring.org or deepspring.org.

Tuesday Morning Meditation Group with Deep Spring Center • Tuesdays, 6:30 a.m.-7:15 a.m. • Please enter and depart in silence; no instruction provided. Free. Call 477-5848; info@deepspring.org or deepspring.org.

Advent’s Invitation: Come, Be Still, Listen • Monday-Friday during Advent, 9 a.m.-4 p.m. • Advent is a time of anticipation, expectation, and preparation to celebrate the birth of Jesus, yet it often becomes a time of busyness and frantic pace. River House offers a peaceful environment to sit awhile in prayerful reflection, pick up an Advent meditation to read, or simply embrace the quietness of some time alone. Free. Call Elizabeth at 240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Meditation Class with Mary Fran Uicker and Carol Quigley • Wednesdays, Oct. 7-28, 6:30-7:30 p.m. • Meditation helps to cultivate relaxation and attention. It also allows us to explore our essential nature, restoring wholeness in our lives. This time-tested practice reduces stress, improves mental and physical health, heightens awareness, and fosters a spirit of gratitude. \$35. Call Elizabeth at 240-5495; riverhouse@ihmsisters.org or ihmsisters.org.

Core Voice, Throat Singing, Meditation Retreat with Kate Hart • Sept. 5-7 • This workshop is about using the human voice as a powerful healing modality. Participants will connect to core voice, then experience throat singing, toning, and balancing the chakras with sound, followed by divine alignment meditation. \$125. Call Nancy at 989-983-4107; programs@songofthemorning.org or songofthemorning.org.

Earth Healing Field Trip with Group of Forty • Oct. 18, 9 a.m. -4 p.m. • Carpool to put into practice what the group has been learning in our monthly potluck/meditation meetings. The group will focus on energetically healing an area damaged by a gas explosion. All are welcome, whether or not you have been coming to the Group of Forty meetings. Free. Call Karlta at 433-9333; kzarley@att.net.

Earth Healing Meditation and Potluck with Group of Forty • First Saturdays, 6:30-10 p.m. • Join energies with the Group of Forty (see article in this journal) to raise and focus frequencies to heal ourselves and in service to healing the earth. Meditation practice, short teaching segment on related topics, followed by channeled message from Arcturians. No experience required. Free. Call Aileen at 810-701-2874; aistor@comcast.net or groupofforty.com.

Pure Meditation Course including Raja-Kriya Yoga • Oct. 12-18 • This course is intended to help participants find and live their true spiritual selves through finding the God-within. Course practices will help participants master the mind and energies in today’s challenging world. \$765 (includes shared room and all meals). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Pure Meditation Foundation Class with Self Realization Meditation Healing Centre • Dec. 30, 3 p.m. • Conquer stress, improve concentration, and find inner peace through meditation. Meditation can help you feel in charge of the physical, mental, and emotional with only a few minutes of practice each day. \$60 includes book and follow-up appointment. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealization-CentreMichigan.org.

Day of Contemplative Prayer: Meditation and Mindfulness Practice with Esther Kennedy • August 16, Sept. 20, Nov. 8, Dec. 6; 10 a.m.-2:30 p.m. • Contemplative prayer is the direct experience of the one sacred presence: God. It is also the experience of a deeper consciousness in which the soul experiences its own center and the call to living deeply its true life. \$35/session (\$100/four sessions). Call 517-266-4000; webercenter@adriandominicans.org.

You yourself, as much as anybody in the entire universe, deserve your love and affection.
— GAUTAMA BUDDHA

Meditation in Everyday Life with Melanie Fuscaldo • Sept. 23, 12-1 p.m. • Develop skills to make your life a living meditation. Live as your true self with freedom, joy, peace, and power. \$30. To reserve a space, call 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Sunday Meditation Sitting with Insight Meditation Ann Arbor • Sundays, 10-11:30 a.m. • Meditation sitting followed by talk and sharing. Free. Call Susan at 945-7612; info@ima2.org or InsightMeditationAnnArbor.org.

Day of Mindfulness with Paulette Grotrian • Nov. 8, 10 a.m.-3:30 p.m. • Modeled after retreats developed by Jon Kabat-Zinn, who developed the Mindfulness-Based Stress Reduction course for the U. Mass Medical School. Retreat will include traditional mindfulness meditation practices, mindful eating, and mindfulness in nature, along with instruction and inspiration. \$45. Call 276-7707; grotrian@wccnet.edu or mindfulnessmeditationmichigan.weebly.com.

Mindfulness-Based Stress Reduction Course with Paulette Grotrian • Tuesdays, Sept. 30-Nov. 18, or Thursdays, Oct. 2-Nov. 20 with all-day retreat on Nov. 8 • Based on Jon Kabat-Zinn's program at the U. Mass Medical School, this course guides participants in the basics of mindfulness-based stress reduction and helps integrate mindfulness into relationships and daily activities. Mindfulness is a scientifically proven method to gain inner calm and clarity, reduce stress and anxiety, and improve health and well-being. \$350 (includes CDs, journal, and all-day retreat). Call 276-7707; grotrian@wcc.net.edu or mindfulnessmeditationmichigan.weebly.com.

Information and Orientation Sessions for Mindfulness-Based Stress Reduction Course with Paulette Grotrian • Sept. 23, 10-11 a.m. or Sept. 25, 4:40-5:30 p.m. at Crazy Wisdom Community Room • Based on Jon Kabat-Zinn's program at the U. Mass Medical School, this orientation provides information about the basics of mindfulness-based stress reduction. Free. Call 276-7707; grotrian@wcc.net.edu or mindfulnessmeditationmichigan.weebly.com.

Falling Awake: Mindfulness for Depression and Anxiety with Lynn Sipher • Thursdays, Oct. 2-Nov. 20, 11 a.m.-1 p.m. • Mindfulness-based practices are proving to be an effective approach for addressing depression and anxiety. This 8-week, skills-based class can help change your relationship with anxiety and depression so that they interfere less with your life. \$380 (includes materials and Day of Mindfulness). Call 332-3365; lynnsipher@gmail.com or lynnsipher.com.

Live your truth. Express your love. Share your enthusiasm. Take action towards your dreams. Walk your talk. Dance and sing to your music. Embrace your blessings. Make today worth remembering.

— STEVE MARABOLI

Chakra Balancing 7-Week Meditation Series with Tina Shafer • Wednesdays, Sept. 10- Oct. 22 or Thursdays, Sept. 11- Oct. 23; 7-8:30 p.m. • A relaxed class of beginners and seasoned meditators who want to explore the tonal aspects of the seven main energy centers of the body. Learning to balance the chakras through mantra meditation is an opportunity for real personal growth. \$12/session (\$70/series). Call 517-442-6029; tina@balancedsolutions.com or BalancedSolutions.com.

Meditation Classes with Ema Stefanova • Choose from among guided meditation; stress management; yogic meditation for anxiety, depression, PTSD; meditation and health and others. Call 665-7801; YogaAndMeditation.com.

Ann Arbor Open Meditation with Various Instructors • Thursdays, 7:30-8:30 p.m. • Drop-in meditation session open to all with or without experience guided by experienced instructors. Meditations are secular (not religious) and primary mindfulness with some concentration and lovingkindness practice. Format is two 20- minute sessions, with the first one guided and opportunities for discussion in between. Free (donation requested). Call Libby at 476-3070; libbyrobinson7@gmail.com or aaopenmeditation.com.

Mindfulness-Based Stress Reduction with Libby Robinson • Mondays, Sept. 22-Nov. 17; 7-9 p.m. or Thursdays, Sept. 25-Nov. 20, 4-6 p.m. • An accessible and secular mindfulness meditation class, developed by Jon Kabat-Zinn and colleagues at U.

Mass., which fosters non-judgemental awareness of the present moment. Significant research documents MBSR's effects on stress, pain, depression, and ordinary human suffering. \$350 (includes materials and day-long retreat on Nov. 9). Call 476-3070; libbyrobinson7@gmail.com or aacfm.com.

A Day of Solitude and Meditation Practice with Carol Blotter of Michigan Friends Center in Chelsea, Michigan • Sept. 21 and Dec. 6, 9 a.m.-4 p.m. • Day long silent meditation retreats offer an opportunity to enjoy the quiet of the country while practicing sitting and walking meditation. Beginners will have break-out instruction, while experienced meditators can be in silence all day. \$30/day. Call 475-0942; cb.meditate@gmail.com or chelseameditation.com/retreats.

Interspiritual Meditation Class with Interfaith Center for Spiritual Growth • Tuesdays, Sept. 16- Oct. 21, 7-8:30 p.m. • Based on a seven-step process of meditation that involves both contemplative and meditative steps, this class is designed to create a meditative practice that is non-sectarian and that incorporates methods drawn from various spiritual traditions. \$50. Call David at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

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Deep Spring Center for Meditation and Spiritual Inquiry

Sunday Sittings
Meditation: 10:00 am—11:00 am
Sharing: 11:00 am—11:30 am

Welcoming Stillness
A Day of Workshops on Insight Meditation
Saturday, September 6 | For All Levels
presented by the teachers of Deep Spring Center
held at Interfaith Center for Spiritual Growth, Ann Arbor, MI

Fall Vipassana Silent Retreat
October 17-19
Barbara Brodsky, John Orr and Aaron*
Howell Conference and Nature Center, Howell, MI

Living From Our True Nature
Oct. 29—Nov. 2 (4 nights)

Aging Consciously and With Love
Oct. 27—Oct. 28 | 2 day pre-workshop gathering (2 nights)
A Workshop-Retreat with partial silence | Attend one or both
Barbara Brodsky, Aaron* and the Brothers and Sisters of Light
And with John Orr leading the Vipassana component
On Lake Michigan | Geneva Camp & Retreat Center, Holland, MI
*Aaron is a discarnate being that speaks through Barbara Brodsky

Insight Meditation and Spiritual Inquiry
Silent Retreats | Weekly Sittings | Classes | Workshops
Beginning to Advanced Study

Online registration-information at DeepSpring.org
3820 Packard, Suite 280, Ann Arbor, MI 48108
734.477.5848 | info@deepspring.org | DeepSpring.org



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Dena Bowen
Bowenwork Instructor
810-824-1604
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Discover why Bowenwork is a breakthrough in injury recovery, pain management and preventive care. Experience how easily this soft touch therapy can change the quality of your life.

Movement and Dance

Dances of Universal Peace with Judy Lee Trautman • Sept. 5, Oct. 3, Nov. 7, Dec. 5
• Dances of universal peace were originated in the 60s in San Francisco by Sufi teacher Samuel Lewis to celebrate the world's religions through simple folk dance steps. The dances, a form of moving meditation, require no partner or experience. \$5. Call 419-475-6535; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org.

Kirtan Dance with Madhavi Mai • Sept. 7, Oct. 5, Nov. 2, Dec. 7; 4-5 p.m. • Kirtan dance is a practice that expands upon the joy of singing devotional songs by dancing to them. Starting with deep immersion singing, participants learn simple dance movements to the kirtan using Indian folk, bollywood, and classical dance movements. A nada sound enhancement and workout for the body and soul. \$15. Call 330-3051; madhavimai@gmail.com or sadhanadancetheater.com.

Authentic Dance Movement Fall Series with Stefanie Cohen • Fridays, Sept. 5-Nov. 7, 9:30 a.m.-11:30 a.m. • An introductory level contemplative movement group geared for teachers, artists, and healing arts practitioners, connecting us to our bodies and to our own vulnerability and power. \$120-\$150. Call 474-1517; stefaniemovingstories@gmail.com or somastories.net.

Shedding Skins Ecstatic Dance with Caryn Simon • Wednesdays, 7-9 p.m. • The space is held to dance, sweat, and pray with the intention to be alive and present in our bodies. Through intentional dance, participants may find clarity of expression that manifests deep changes in their lives. No previous dance experience necessary. \$15. Call 646-1351; artemisia418@gmail.com or carynascatrix.com; sheddingskins.com.

Music

Singing-In-Tune Workshop with Laurel Emrys • Multiple date and times, Sept.-Nov.
• Would you love to feel great about singing to your children, join the local choir, or just plain have fun singing along with your favorite songs? This course offers a unique technique that pinpoints exactly how to sing in tune quickly and easily. \$40. Call for dates and times at 761-7699; info@LaurelEmrys.com or laurelemrys.com/singing-tune-lessons.

Singer-Songwriter Q & A with Angela Predhomme • Sept. 20, 1 p.m. • Are you curious about writing your own original songs? Listen to live music and join the discussion with a local singer-songwriter who will answer questions and share her experience writing lyrics, composing melodies, singing and performing songs for TV and film. Free for adults and children ages 10 and up. Call Christine at 810-231-1771; cweber@hamburglibrary.org or hamburglibrary.org.

The Crazy Wisdom Calendar

Being in Harmony with Laurel Emrys • Oct. 12, 2-4:30 p.m. • Both a concert and a harmonic resonance attunement session, this workshop is intended to relax your body, relieve stress, and restore your spirit. The instructor will combine the science of brain-wave-shifting technology with the art of making beautiful voice and instrumental music with audience participation. \$24. Call 761-7699; info@LaurelEmrys.com or LaurelEmrys.com/sound-healing.

Small Group Performance Voice with Kathleen Moore • Wednesdays in Sept., 6-7 p.m. • To pursue your singing dreams, prepare for an audition, plan an open mic, sing at a wedding, prepare for a gig, this workshop will help you make the most of your vocal instrument. \$40/session (discount for series). Call 668-8146; kathy@moore-voice.com or moore-voice.com.

Benefit Concert for Interfaith Center for Spiritual Growth • Oct. 4, 6:30 p.m. • Enjoy a full evening of live music, taste varieties of chocolate, and bid on raffle items. Performers include Algorithm, Lisa Pappas, Michael Weiss, Chris Hedly, Jose Diaz, Scott McWhinney, Bliss, Jeanne Adwani, Old Friends, and Laurel Emrys. \$20 Contact fd-dlr2003@yahoo.com or interfaithspirit.org.

Integrative Breathworks with Linda Adamcz • Sept. 27, Oct. 25, Nov. 22, Dec. 13; 10 a.m.-5 p.m. • A musical journey for insight, emotional healing, creativity, and renewal. This course can assist with life changes, grief/loss, job stress, burnout, PTSD/trauma, abuse, depressions, addictions, and finding meaning and purpose. \$70. Call 269-388-2988; Lkadamcz@juno.com or adamczassociates.com.

Candlelight Meditation Concert with Norma Gentile • Sept. 12, 8 p.m. • The evening, devoted to deep inner healing, nourishment, and transformation, includes thousand-year-old healing chants written by mystic and seer Hildegard of Bingen and other songs drawn from spirit. \$15-25. Contact office@healingchants.com or healingchants.com.

Naturopathy

Removing Toxic Build-up of Radiation and Chemotherapy with Nia-Avelina Aguirre • Oct. 13, 6-7:30 p.m. or Dec. 6, 10-11:30 a.m. • Learn about the foods and water therapies that will help remove the negative effects of radiation and chemotherapy. \$50 (includes take-home kit, food list, and food samples). Call 883-7513; niaaguirre@aol.com.

Cleansing the Body of Environmental Toxins with Nia-Avelina Aguirre • Sept. 29, 6-7:30 p.m. or Nov. 8, 10-11:30 a.m. • This workshop explores water therapy and foods that will help remove environmental toxins from the body. \$50 (includes take-home kit, food list, and food samples). Call 883-7513; niaaguirre@aol.com.

Natural First Aid: Digestive with Juliana Sutton • Sept. 9, 10:30-11:30 a.m. • Learn to apply the naturopathic tool box to digestive upsets including nausea, vomiting, food poisoning, indigestion, diarrhea, gas, and constipation. Essential oils, homeopathy, herbs, and more will enable you to use information throughout the year. Free. Call 994-8010; Info@TheIndigoForest.com or TheIndigoForest.com..

Aura and Chakra Photos with Jack and Susan Lewis • Oct. 4, 11 a.m.-5 p.m. • Learn how your aura affects the body, what the colors mean, what the position of the colors tell you. Learn what affects the aura and how to increase your vibrations. Add a chakra line and understand what areas need conscious attention. \$30 (+\$20 for chakra photo). To schedule an appointment, call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Iridology with Jack Lewis • Oct. 4, 11 a.m.-5 p.m. • Iridology is a natural health technique by which patterns, colors, and characteristics of the iris are examined to determine systemic health. This information demonstrates susceptibility towards certain illnesses, reflects your past medical problems, and may predict future health potentials. \$50. To schedule an appointment, call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Nutrition and Food Medicine

Raw Foods: Navigating Winter with Raw Foods with Ellen Livingston • Dec. 2, 7-8:30 p.m. at Crazy Wisdom Community Room • The instructor will share great tips for staying on a healthy track all winter long. Free. Pre-register at the Co-op at peoplesfood.coop/news and events/ or call Karen at 212-0010; outreach@peoplesfood.coop or peoplesfood.coop.

The Mighty Minerals with Nia-Avelina Aguirre • Oct. 12, 25; 2-3:30 p.m. • This two-part series will provide information and food choices for the essential minerals your body needs for prevention and healing. \$50/series (\$30 single session). Call 883-7513; niaaguirre@aol.com.

Boost Your Vitality with Ruth Ferack • Nov. 12, 6:30-8:30 p.m. • Discover what creates unlimited energy and a sense of vitality. Learn simple steps to increase energy. \$25. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Raw Foods: Fall Cleansing and Healthy Holidays with Raw Foods with Ellen Livingston • Nov. 4, 7-8:30 p.m. at Crazy Wisdom Community Room • Learn how to detoxify naturally and get ideas and inspiration for healthy holiday times. Free. Pre-register at the Co-op at peoplesfood.coop/news and events/ or call Karen at 212-0010; outreach@peoplesfood.coop or peoplesfood.coop.

Raw Foods: Conquer Your Cravings and Attain Your Ideal Weight Naturally with Ellen Livingston • Oct. 7, 7-8:30 p.m. at Crazy Wisdom Community Room • Learn why you can eat as much as you want and be healthy if you eat the right foods. Free. Pre-register at the Co-op at peoplesfood.coop/news and [events/](mailto:events/peoplesfood.coop) or call Karen at 212-0010; outreach@peoplesfood.coop or peoplesfood.coop.

Raw Foods: Learn the Many Benefits of a Raw Vegan Diet with Ellen Livingston • Sept. 9, 7-8:30 p.m. at the Crazy Wisdom Community Room • The instructor will discuss how to get rid of bothersome symptoms, lose excess weight easily, and take charge of your health with a raw vegan diet. Free. Pre-register at the Co-op at peoplesfood.coop/news and [events/](mailto:events/peoplesfood.coop) or call Karen at 212-0010; outreach@peoplesfood.coop or peoplesfood.coop.

Deeply Nourishing Meals: Seasonal Eating for Healthy Lives with Juliana Sutton • Dec. 16, 10:30-11:30 a.m. • Learn new approaches, new ingredients, and new reasons to easily eat with the seasons. Recipes and community support for appealing home-cooked meals that nourish and nurture. Free. Call 994-8010; Info@TheIndigoForest.com or TheIndigoForest.com.

Pagan Spirituality

Witches' Night Out at Crazy Wisdom Tea Room • Sept. 9, Oct. 14, Nov. 11, Dec. 9; 7 p.m. • Come join us for tea and networking on Witches' Night Out. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. \$3.25 for a pot of tea with free refills. Call Carol at 665-2757; info@crazywisdom.net or crazywisdom.net.

Palmistry

Drop-In Palmistry Readings with Vijayalaxmi Shinde at the Crazy Wisdom Tea Room • First and Third Saturdays of each month, 3-6 p.m.; Second and Fourth Sundays of each month, 3-6 p.m. • A scholar of the ancient Indian science of Palmistry and Numerology, Vijayalaxmi counsels clients on relationships, career, health, relationship compatibility, and many other aspects of life. For decades, she has passionately studied ancient Indian as well as Western Palmistry and combines Palmistry with Numerology for the positive direction and welfare of her clients. \$1.50 per minute. No appointment necessary. Call 961-8052; vijaya_laxmi@comcast.net.

Parenting

The Mama Circle with Beth Barbeau • Thursdays, 10-11:30 a.m. • Mothering is a complex, challenging, and amazing journey. Mama Circle is a gathering committed to welcoming new mothers and new friends and building community. Free. Call 994-8010; Info@TheIndigoForest.com or TheIndigoForest.com.

Getting Ready for Baby Workshop with Barbara Robertson • Sept. 13 or Dec. 6, 9:30 a.m.-4:30 p.m. • This hands-on class is designed to guide you through your choices, share strategies, and teach you skills necessary to enjoy breastfeeding and caring for your newborn baby. Topics include reading baby's hunger cues, when to nurse, positioning and equipment for breastfeeding, as well as diaper options, calming techniques, baby wearing, bathing, and more. \$95/couple full day; \$55/half day. Call 663-1523; patty@center4cby.com or center4cby.com.

Parenting, Teaching, Coaching, and Working with the Indigos with Karen Greenberg • Sept. 14, 9 a.m.-12 p.m. • Indigo is the soul color of 80% of the population. This class is designed to understand the differences between the indigos and other root races, as well as how to successfully interface with one another. \$77. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Parent-to-Parent Support at Center for the Childbearing Year • Wednesdays, 10-11:30 a.m. • Moms, dads, partners, babies, and toddlers welcome. Discussion topics and playtime each week. Free. Call 663-1523; center4cby.com.

Breastfeeding Cafe at Center for the Childbearing Year • Fridays, 10-11:30 a.m. • Informal drop-in group meets every Friday. Breastfeeding moms and babies welcome. Free. Call 975-6534; bfcaa.com.

From Procrastination to Cooperation: Getting Out the Door with Young Children with Catherine Fischer • Sept. 8, 7:30-8 p.m. • Parents can call in from wherever they are for this tele-seminar. Tips to help children with the emotional aspects of the morning transition and for keeping parents sane. Free. To register, call 395-5244; catherine@SupportForGrowingFamilies.com or SupportForGrowingFamilies.com.

Where the Rubber Meets the Road: Strategies for the Emotional Challenges of Parenting with Catherine Fischer • 4 Sundays beginning Sept. 28, 1:30-3:30 p.m. • Learn stress-reducing listening tools and understand your child's emotions. This approach is grounded in attachment research and positive parenting philosophies. \$130. Call 395-5244; Catherine@SupportForGrowingFamilies.com or supportforgrowingfamilies.com.

Growing Families with Self Realization Meditation Healing Centre • Sept. 29 and Oct. 1, 7-8:15 p.m. • This course gives clear and direct guidance to the application of spiritual laws in family life. For potential parents, parents, and anyone interested in working together as a spiritual family by encouraging spiritual, emotional, mental and physical responsibility and clear, loving communication. \$60. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Parenting with Mindful Compassion with Chuck Barbieri • Sept. 17, 7-8:30 p.m. • This course outlines practical guidelines for raising healthy, happy, and responsible children. For parents and those who work and play with children of all ages, this course will explore how to work with children rather than against children in building lasting, loving relationships. Free. Call 686-2834; pippibarbieri@gmail.com.

Get Ready for Halloween: Fantastic Treats without Melt-Downs with Juliana Sutton • Oct. 21, 10:30-11:30 a.m. • Make chemical-free marshmallows and jello, pumpkin ice cream, doughnut sundaes, and breakfast chocolate pudding. Enjoy samples of the nourishing, simple, gluten-and-dairy-free treats. Free. Call 994-8010; Info@TheIndigoForest.com or TheIndigoForest.com.

Reaching Potential: How to Nurture a Truly Healthy Child with Beth Barbeau • Oct. 7, 10:30-11:30 a.m. • In honor of Child Health Day, gain essential parenting tips, food practicalities, and lifestyle habits to raise healthy and well-rounded children. Free. Call Juliana at 994-8010; Info@TheIndigoForest.com or TheIndigoForest.com.

Past Lives

Past Life Regression with Gayle Joseph • Sept. 20 • Learn about Akashic records and how to access them. The class will cover what is written in your records and how your past is affecting your future. \$55 (\$45 in advance). For times, call 248-343-3890; gaylem-joseph@gmail.com or cedarwaterhealinglodge.com.

Peace

6th Annual Walk for Peace with Lighthouse Center • Sept. 20, 9:30 a.m.-12 p.m. • Join the 6th annual walk for peace: peace in our own lives, our communities, our country, and our world. Meet at Hudson-Mills Metropark at Rapids View and enjoy a veggie potluck after the self-guided walk. Free. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Open Meditation and Silent Prayer with Self Realization Meditation Healing Centre • Mondays-Thursdays and Saturdays, 8:30 p.m. • All faiths, meditation practices, and traditions are welcome daily for quiet reflection, silent prayer, and pure meditation. Winged prayer for all in need at 9 p.m. Come and go as you wish. Free. Call 517-641-6201; info@SelfRealizationHealingCentreMichigan.org or SelfRealizationHealingCentreMichigan.org.

Personal Growth

If These Are the Best Years of My Life: A Group for Undergraduate College Students with Kathleen Moore • Tuesdays beginning Sept. 16, 5:30-7 p.m. • Seek to know who you are and then make choices that will help you become all that you want to be. A voice and music therapy group for college students who are struggling, feeling confused, alone or worried, this small group offers compassionate experiences to seek self understanding and build confidence. Free. Call 668-8146; kathy@moore-voice.com or moore-voice.com



Artwork by Sara Van Zandt

The Crazy Wisdom Calendar

Personal Growth (continued)

Defining and Enforcing Healthy Boundaries with Karen Greenberg • Dec. 7, 12-4 p.m. • Explore boundaries with yourself, in your family of origin, with your partner, children, friends, boss, clients, coworkers. You will also explore boundaries with food, money, alcohol, drugs, and other areas to set healthy boundaries and enforce them. \$77. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Beginning Qabalah: Personal Growth through the Tree of Life with Karen Greenberg • 14 Tuesdays beginning Sept. 7, 7-10 p.m. • Travel up the tree of life in an ascensional personal and spiritual growth journey embodying qualities of our creator. The course is designed to help participants become more powerful co-creators of their dreams and the lives they desire. \$137/month. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Surrendering: Overcoming Resistance and Rebelliousness with Karen Greenberg • Nov. 30, 12-4 p.m. • If you had a controlling or abusive parent, if you rebel against authority, if you feel surrender is weak, this class is designed to help you melt away resistance and get challenging parts of your life under more control. \$77. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

“The Daring Way” for Individuals with Debra Santi • Oct. 11 and 12 at Crazy Wisdom Community Room • This workshop is designed to explore how to live bravely everyday by showing up in the arenas of your life and relationships that can provide the best and most authentic versions of yourself. “The Daring Way” is based on the research of Brene Brown to develop shame resilience skills and a courage practice. \$125. Call for times at 586-524-7556; daringinmichigan@comcast.net; daringinmichigan.com.

Traits of an Exceptional Healer with Karlta Zarley • Nov. 8, 9 a.m.-5:30 p.m. • For those who would like to make the leap from being a good healer to becoming an exceptional healer, this course will cover the skills and lifestyle practices that help take work to the next level in your journey as a healer. \$75 (before Oct. 8, \$65). Call 433-9333; kzarley@att.net or karltazarley.com.

Boundaries Workshop with Karlta Zarley • Oct. 4, 9 a.m.-6 p.m. • If you feel like others take advantage of you, like your life is out of control, or that you are pulled in many directions without time for yourself, this course will provide a framework for good boundary hygiene. Discussion of types of boundaries and how to put them into place. \$85 (before Sept. 4, \$70). Call 433-9333; kzarley@att.net or karltazarley.com.

Creating Internal Resources with Cam Vozar • Sept. 10, 6:30 p.m. • Create internal resources to cope with stress and increase well-being. Learn to connect spiritual, nurturing, and protective resources. \$10. Call 747-9073; cam.vozar@gmail.com.

Living Gently with Ourselves: Developing Skills for Self-Compassion and Self-Forgiveness with Anita Rubin-Meiller • Tuesdays, Oct. 7- Dec. 9, 5:30-7:30 p.m. • Through meditation practices, experiential exercises, and discussion, this group will help develop skills for mindful self-compassion, lovingkindness, and self-forgiveness. These skills will assist in letting go of shame and self-judgement, and change ineffective patterns of coping with emotional pain. \$35/session. Call 332-0669; anita1018@sbcbglobal.net or gentlebe-ing.com.

Human Awareness Mini Workshop: Royal Oak with HAI Midwest • Sept. 12, Oct. 10, Nov. 22; 7:30-9:30 p.m. Call for location • In a safe, supportive, and relaxed environment, discover the ingredients for a happy, healthy, loving, and intimate relationship. Free. Call Maureen at 523-8566; midwest-office@hai.org or hai.org.

Human Awareness Mini Workshop with HAI Midwest • Sept. 26, Oct. 24, Dec. 12; 7:30-9:30 p.m. at Crazy Wisdom Community Room • In a safe, supportive, and relaxed environment, discover the ingredients for a happy, healthy, loving, and intimate relationship. Free. Call Maureen at 523-8566; midwest-office@hai.org or hai.org.

Listening and Communication Skills Course with Self Realization Meditation Healing Centre • Nov. 15-16 and 22-23, 9:30 a.m.-5 p.m. • Listen clearly and deeply to your inner self and others. Allow relationships to be enhanced and learn to unravel the knots of conditioning. \$450 (scholarships available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Inner Peace Workshop 1: Moving Out of Pain with Kay Posselt • Sept. 13, 1-4 p.m. at Crazy Wisdom Community Room • The first of three workshops based on the teachings of Eckhardt Tolle, “Moving Out of Pain” explores roadblocks to inner peace and charts the path to freedom from pain. \$61. Call 426-0449; kayposselt@yahoo.com or katherineposself.wordpress.com.

Inner Peace Workshop 2: Developing Presence with Kay Posselt • Sept. 27, 1-4 p.m. at Crazy Wisdom Community Room • The second of a series of three, this workshop, based on the teachings of Eckhardt Tolle, explores how to create inner peace by dis-identifying with the mind. The workshop will help students from being attached to a false sense of identity and stuck in the past or worried about the future. \$61. Call 426-0449; kayposself@yahoo.com or katherineposself.wordpress.com.

Inner Peace Workshop 3: Transformation through the Body with Kay Posselt • Oct. 4, 1-4 p.m. at Crazy Wisdom Community Room • The third of a series of three, this experiential workshop, based on the teachings of Eckhardt Tolle, explores how focus on the inner body keeps one centered in being and free of negativity regardless of circumstances. \$61. Call 426-0449; kayposselt@yahoo.com or katherineposself.wordpress.com.

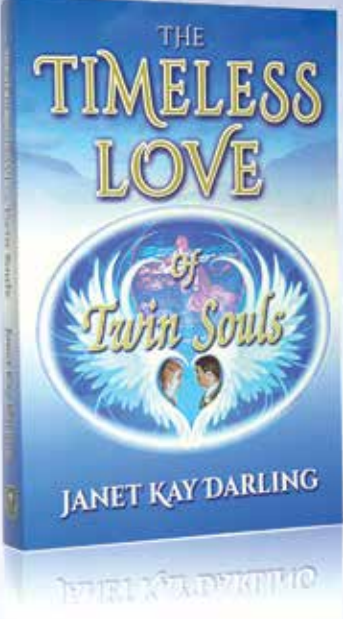
Creating from Within: a 3-Day Intuitive Painting Workshop with Laura Shope • Oct. 24-26, 9:30 a.m.-5:30 p.m. • If you feel there is something inside just waiting to come out, or that you have an urge to create but have not yet found the right expression, this course will provide a powerful way to open the door for personal discovery and transformation. Experience the courage to move beyond limits and discover new learning that is applicable to life as a whole. \$299. Call 646-6374; laura@bluefireinstitute.com or bluefireinstitute.com.

Developing a Personal Relationship with God with Karen Greenberg • Oct. 26, 12-5 p.m. • Create a sacred space and compose questions to your higher power in your sacred space. Compose your own prayers and feel close to God as though God were a close friend. \$77. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Understanding Introverts and Extroverts and How They Make the World Go Round with Carole Kirby • Nov. 23, 2-4:30 p.m. at Crazy Wisdom Community Room • This workshop will examine the rise of the “extrovert ideal” in the 20th century and its far-reaching effects. Learn the advantages and potential of introversion and of being quiet in a noisy world. Some research in psychology and neuroscience will be offered, as well as sharing from Susan Cain’s book, *Quiet: The Power of Introverts in a World That Can’t Stop Talking*. Free. Preregister at 424-2797; carole777@aol.com or therapy4couples.com.

Self-Compassion: Learning to Be Kind to Yourself with Carole Kirby • Sept. 14, 2-4:30 p.m. at Crazy Wisdom Community Room • Kristin Neff’s book *Self-Compassion, the Proven Power of Being Kind to Yourself* outlines the problem and presents a do-able blueprint for improving the quality of life. The workshop will help participants become more conscious of negative self-talk and offer ways to begin to replace self-critical messages with self-compassion. Free. Preregister at carole777@aol.com or therapy4couples.com.

Love 2.0: Creating Happiness and Health in Moments of Connection with Carole Kirby • Dec. 7, 2-4:30 p.m. at Crazy Wisdom Community Room • This workshop, based on Barbara’s Fredrickson’s book *Love 2.0*, is designed to help participants become warm-hearted and to improve health and longevity. The workshop leads participants to redefine love as micro-moments of connection between people and demonstrate capacity for experiencing love that can be measured and strengthened. Free. Preregister at 424-2797; carole777@aol.com or therapy4couples.com.



The Timeless Love of Twin Souls

This is a wonderfully inspiring story about a couple's timeless romance which spanned history. Discover their adventure across time and, while doing so, find out about how you are one half of a Twin Soul. Wake up to the true magic of Everlasting Love as well as finding your way to a greater happiness in the process.

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Photographers Wanted

To take pictures for *The Crazy Wisdom Community Journal*. Moderate pay, wonderful exposure. It's also fun and interesting to meet the people we take photos of: healers, authors, bodymind therapists, yoga teachers, professors, holistic and spiritual types, and other fringe elements! For more information, contact Bill Zirinsky at bill@crazywisdom.net.



KARLA GROESBECK is the founder of Good EnerChi Studio. She has extensive experience in the body movement, meditation, dance, and martial aspects of Yang style Tai Chi. (She was also a Manager of Crazy Wisdom Bookstore in the late 1980's.) For more information, see the "Tai Chi, Martial Arts & Self Defense" section of the Calendar on page 110.

Reiki

Reiki I Certificate Course with Eve Wilson • Sept. 27, 10 a.m.-2 p.m. • Receive your Reiki I certificate by learning to channel clear true Reiki energy. The course will enable students to use accurate and effective healing techniques on self and others for relief of pain and stress, increased relaxation, and better sleep. \$115. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Reiki II Certificate Course with Eve Wilson • Oct. 25, 10 a.m.-2 p.m. • Receive your Reiki II certificate for rapid, safe, and easy-to-do healing for self and others at any distance. Heal burns and bruises instantly, energy protection, clearing, distance healing and more. \$120. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Reiki III Master Teacher Certificate Course with Eve Wilson • Nov. 8, 15, 10 a.m.-2 p.m. • Receive your Reiki III Master Teaching Certificate with completion of this course. Includes Reiki master attunement, training for

passing attunement, and teaching classes. \$450. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Curious about Reiki? Introductory Talk with Suzy Wienckowski • Oct. 15, 7-9 p.m. • Learn about the Usui system of Reiki healing. In this gentle, hands-on healing art, universal life energy is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Mini-treatments included. Free. Call 476-7956; suzyreiki@aol.com.

First Degree Reiki with Suzy Wienckowski • Oct. 10-12, Nov. 7-9 • Reiki is a gentle, hands-on healing art that is easily learned by all after initiation by a Reiki Master. Reiki reduces stress, eases pain, and restores balance and harmony on all levels of body, mind, and spirit. This certificate course includes history of Reiki, hands-on treatments, and individual initiations. \$150. Call for times at 476-7956; suzyreiki@aol.com.

Second Degree Reiki with Suzy Wienckowski • Oct. 24-25 • This course is the second level of training in the Usui system of Reiki healing. Students learn and are empowered to use three sacred Reiki symbols that focus and intensify energy to heal on a deeper level and to send Reiki at a distance. First Degree training prerequisite. \$500. Call for times at 476-7956; suzyreiki@aol.com.

Reiki Clinic with Debra Williams • Fourth Thursdays; 7-8:30 p.m. • Experience the powerful healing effects of Reiki. Peaceful and relaxing, sessions are by appointment only. Free. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

On September 1, 2014, the Crazy Wisdom Calendar will be available online at our new website: www.crazywisdomjournal.com.

Prosperity and Abundance

Creating and Sustaining Abundance and Prosperity with Karen Greenberg • Sept. 14, 12-5 p.m. • Despite the fact that our economy has been less than optimal, there are many who still thrive and are busier than ever. Learn their secrets and uncover blockages. \$77. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Building Your Business with the Spiritual Component with Karen Greenberg • Sept. 14, 5-10 p.m. • Use the spiritual component of your business to best utilize all of your resources. Learn the physical, emotional, mental, and spiritual components of a thriving, healthy, sustainable, and spiritual business. \$77. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Truth About Prosperity with Dave and Pat Krajovic and Penny Golden • Sept. 24, Oct. 22, Nov. 26, Dec. 24; 7-8 p.m. • Learn about prosperity in all its forms as instructors guide in the direction of manifesting goals with positive, uplifting results. This course is designed to help students recognize their power of manifestation. Sessions accessible at website. Free. Call 416-5200; inspire@globalbreathinstitute.com or BodyMindSpiritRadio.com.

Make A Difference Seva Afternoon: Giving and Receiving with Self Realization Meditation Healing Centre • Oct. 25, 9 a.m.-6:30 p.m. • Join a day or part of a day of joyful service to the Centre with tea breaks and meals. There are countless blessings in giving of your time, energy, and resources. Free. Register by Oct. 18 at 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Abundance and Energy Course with Self Realization Meditation Healing Centre • Oct. 20, 22, 27, 29; 7-8:15 p.m. • Learn ways to take charge and choose to flow in order to increase energy for self and everything in life. This flow will lead to abundance and will help release blocks, attachments, and resistance. \$120/4 sessions. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.



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The Crazy Wisdom Calendar

Reiki (continued)

Reiki I for the Holistic Nurse with Maryann Davis • August 9, Sept. 13, Oct. 8; 9:30 a.m.-2 p.m. • The Reiki I workshop teaches the principles and usage of Reiki as a method to enhance relaxation and comfort for both the nurse and patient. Class open to all interested in learning Reiki. Approved for 4.0 CNE. \$150. Call 517-547-7568; mhdavis49@yahoo.com or holistichealingacademy.com.

Reiki II for the Holistic Nurse with Maryann Davis • August 23, Sept. 27, Nov. 1; 9:30 a.m.-2 p.m. • Level II Reiki workshop teaches the meaning and use of three Reiki symbols that allow the practitioner to expand the application of Reiki. Prerequisite: Reiki I. Approved for 4.0 CNE. \$175. Call 517-547-7568; mhdavis49@yahoo.com or holistichealingacademy.com.

Reiki Fusion Class: Levels I, II, or III with Marianne Carduner and Mara Evans • Nov. 8, 9 • This weekend class for all levels of Reiki will develop healership and personal evolution using Reiki as the basis. \$150-\$250 depending on level. Call Mara at 255-0852; FusionEnergyArts@gmail.com or FusionEnergyArts.com.

Retreats

New Year’s Gathering with Self Realization Meditation Healing Centre • Dec. 31-Jan. 1 • With opportunities for quiet time, meditation, introspection, and sharing, including a stretch and breathe class, this retreat will help prepare students for the year to come. \$136 with shared room. Call for times at 517-641-6201; info@SelfRealizationCentreMichigan.org; SelfRealizationCentreMichigan.org.

Aging Consciously with Love Lake Michigan Retreat with Barbara Brodsky and Aaron • Oct. 27-28 • Along with the Brothers and Sisters of Light and John Orr, teachers lead participants in exploration of aging consciously and with love. Complete description and information online. \$200/shared room; \$140 single. Call Amy for times and more details at 477-5848; amyspirit@gmail.com or info@deepspringcenter.org.

Living From Our True Nature Lake Michigan Retreat with Barbara Brodsky and Aaron • Oct. 29-Nov. 2 • Workshop and retreat take place at retreat center on Lake Michigan. \$375/shared room; \$700 single. Call Amy for times and more details at 477-5848; amyspirit@gmail.com or info@deepspringcenter.org.

Fall Vipassana (Insight Meditation) 2014 Retreat with Barbara Brodsky, John Orr, and Aaron • Oct. 17-19 • For continuing and advanced students, retreatants share responsibilities for meals. Complete description and information online. \$195 + \$25 meals (\$190 early registration by Sept. 26). Call 477-5848; info@deepspringcenter.org or DeepSpring.org.

Silent Retreat with Self Realization Meditation Healing Centre • Oct. 31-Nov. 2 • Inner and outer silence, together with times spent in prayer, meditation, contemplation, walking. The retreat helps participants unplug and rebalance from today’s hectic lifestyles. The retreat includes simple vegetarian meal and comfortable shared accommodations in a quiet country setting. \$140. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Mary Magdalene’s Heart Light Journey with Marcia Maria • Sept. 19- Oct. 2 • Pilgrimage to southwest France to follow in the footsteps of Mary Magdalene. \$4334. Call 419-283-4344; marciamarialif777@gmail.com or marciamarialif.com/heart-and-soul-world-travel/.

Christmas Celebration Retreat with Self Realization Meditation Healing Centre • Dec. 24-27 • A spiritual way to celebrate the inner beauty of this holy time. Following the first meal, this retreat is held in silence with free time to meditate, contemplate, relax, and get in touch with the inner self. Vegetarian meals in comfortable shared accommodations in a quiet country setting. \$175/shared room. Call 517-641-6201; info@SelfRealization-CentreMichigan.org or SelfRealizationCentreMichigan.org.

Developing the Light Body with Karlta Zarley • Sept. 28- Oct. 1 • Held at a cottage on Lake Michigan, participants will learn about the light body, how it develops, how to progress towards it, and how to know that you are evolving. Shared cooking responsibilities. \$150 (\$90 lodging and \$60 food). Call 433-9333; kzarley@att.net or karltazarley.com.

Advent Retreat: Advent’s Many Messages, Marvels, and Mysteries with Janet Schaeffler • Nov. 30- Dec. 4 • This retreat will explore how people are comforted and challenged with many Emmanuel messages: unquenchable hope, profound joy, serene peace, generous compassion, patient waiting, and open-handed service. \$375 single (\$275 double). Call 517-266-4000; webercenter@adriandominicans.org.

Christian Life in Evolution with Ilia Delio • Oct. 18, 10 a.m.-3:30 p.m. • This retreat will explore how science impacts our understanding of God, Jesus, salvation, and the future of human life. Evolution awakens to a new vision of Christian life, which participants will explore. \$45. Call 517-266-4000; webercenter@adriandominicans.org.

Safe and Healthful Yoga for Everyone with Ema Stefanova • Sept. 6-7 • This seminar for all levels is designed to educate participants about what to look for and how to develop a safe and healthful yoga practice. Participants will learn programs they can do on their own and will gain resources and information about yoga therapy for physical and mental health. Register at 665-7801; YogaAndMeditation.com.

Three-Day Lake Michigan Retreats with Ema Stefanova • Sept. 12-14 or Oct. 10-12 • For details, please see the website. Call 665-7801 or YogaAndMeditation.com.

Self-Care

Eating for Emotional Reasons and How To Do It Differently with Karen Greenberg • Sept. 21, 6-10 p.m. • Learn to identify and differentiate between emotions, express them in healthy ways, explore limiting beliefs, develop a movement program that works for you, and connect spiritually for assistance and support. \$77. Call 417-9511; krngnrbg@gmail.com or clair-ascension.com.

Shamanism

Exploring Creativity through Shamanism with Stephanie Tighe and Kate Durda • Nov. 1-2 • Learn to free your thinking and gain unique perspectives on the world. From a shamanic perspective, creativity is part of everything, no matter what our profession if we are seeking to make everyday life richer and fuller. Bring art supplies or an instrument. \$240 (\$190 before Oct. 15). Call 517-667-8448; stephanietighe@gmail.com or spiritweavers.net.

Shamanism Foundation Series Session 3: Divination, Shamanic Methods of Inquiry with Kate Durda • Dec. 6, 10 a.m.-5 p.m. • Shamans have journeyed into non-ordinary reality for thousands of years to help obtain answers to questions, both at the request of others and for oneself. Use the shamanic journey to gain experience with classic shamanic methods of divination such as finding lost objects, answers to questions, guidance in decisions, and cross-cultural methods of divination. \$95 (\$85 early registration). Call 517-667-0694; SpiritWeavers@gmail.com or SpiritWeavers.net.

Shamanism: Path of Empowerment and Healing with Kate Durda • Sept. 13, 10 a.m.-5 p.m. • With experiential training, introduction to shamanic healing methods and practice, this workshop is a prerequisite for all advanced training, including intermediate shamanic training apprenticeship. \$90 (\$80 early registration by Sept. 10). Call 517-667-0694; SpiritWeavers@gmail.com or SpiritWeavers.net.

Rattle Making: Spiritual Tools for Shamanic Practice with Kate Durda • Sept. 14 and Oct. 5 • For the shaman, the rattle and drum are two of the honored and valued partners in their practice. Participants will make a rawhide rattle in a sacred and honoring context. Choice of type of rawhide and size specified at registration. All materials provided. For costs and times, see website. Call 517-667-0694; SpiritWeavers@gmail.com or SpiritWeavers.net.

Weather Shamanism: Advanced with Nan Moss • Sept. 5-7 • Weather shamanism, a form of spiritual ecology, is a call to those who care about the world’s healing and health. Through journeying and ceremony participants will work with spirits of weather directly to find out what they can teach, what they want, and how to work together. For costs and times, see website. Call Kate at 517-667-0694; SpiritWeavers@gmail.com or SpiritWeavers.net.

Shamanism: Foundation Series Session 1: Lower World of Shamanism, Power Animals and Allies with Kate Durda • Oct. 4, 10 a.m.-5 p.m. • This 13th annual training provides a responsible and ethical foundation in shamanic practice. The session covers power animals and other allies for direct inspiration, guidance, protection, power songs, healing methods, and shapeshifting. Prerequisite is ability to do the shamanic journey. \$95 (\$85 with early registration) Call 517-667-0694; SpiritWeavers@gmail.com or SpiritWeavers.net.

Shamanism Foundation Series Session 2: Upper World of the Shaman, Teachers and Guides with Kate Durda • Nov. 8, 10 a.m.-5 p.m. • For all levels, this class develops relationships with teachers and guides in the upper world for direct inspiration, guidance, and protection. Participants explore the upper world, mapping its levels and learning more about spiritual purposes. \$95 (\$85 early registration). Call 517-667-0694; SpiritWeavers@gmail.com or SpiritWeavers.net.

Skincare

NeriumAD Market Party@Weber’s with Dori Edwards • Sept. 17, Oct. 15, Nov. 12, Dec. 17; 6:30-8 p.m. • NeriumAD is an accidental biomedical discovery which addresses skin issues such as age spots, loose skin, fine lines, deep lines, emerging lines, and pore size. Participants will explore how to retain vibrant, healthy skin. Free. Call 320-2763; dori.realresults@gmail.com or doriward.theeneriumlook.com.

Spiritual Development

Adept Initiation into the Brotherhood and Sisterhood of Light with Karen Greenberg • Oct. 19, 12-9:30 p.m. • Participants will receive an adept initiation into the brotherhood and sisterhood of light. The workshop is designed to help participants serve at higher levels and reach more people with their particular piece of the great work. \$495. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Gently Used Book and CD/DVD Sale and Exchange with Bodyworks Healing Center • Sept. 15- Oct. 15 • Bring in gently used personal growth, self-improvement, new thought, and metaphysical books. Offer your books for sale or shop for deals yourself. No deals sold for more than \$6. Proceeds donated to Forgotten Harvest and unsold materials donated to public library. Free. Call 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Conscious Communication and Self Acceptance with Barbra White • Sept. 20, 3-6 p.m. • Quiet the inner critic and learn to use compassion to stop taking things so personally. Speak nonviolently through self-love and conscious communication as you deepen your connection to yourself and others. \$45. Call 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Science of Mind Study Group with Noreen Keller • First and Third Thursdays; 6:30-8:30 p.m. • Change your thoughts and change your life by learning the principles from Ernest Holmes through his book *Science of the Mind*. Join like-minded people in a fun and loving atmosphere to allow for change in your life and in the world. Free. Call 248-802-8755; nlkelleru8@aol.com or CSL.org.

Women on the Way: More Footsteps with Margaret Passenger • Thursdays, Sept. 18- Oct. 23, 9:30-11:30 a.m. • The instructor will explore biblical women and the stories in our own lives. This series is based on the belief that each human being is “on the way.” Participants are invited to meet the women of the bible with whom they can feel kinship across time and distance. \$25. Call Elizabeth at 240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Evolving our Future from a Contemplative Heart with Nancy Sylvester • Sept. 10, 10:30 a.m.-4 p.m. • Explore why we are at such a chaos point at this time in evolutionary development and how we are challenged to respond from a new consciousness. Students will also discuss how people of faith have a critical role to play in evolving the future. \$25. Call Elizabeth at 240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Growing Into Consciousness with Joan Kusak • Mondays, Sept. 8-29, 2-3:45 p.m. • Drawing from Brian Wimpey's lectures exploring the powers coursing through the universe and each of us, participants will explore the universal forces within as they learn to align themselves with those powers to enjoy a new sense of being and relating to the world. \$20. Call Elizabeth at 240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

A Journey to Explore Compassion with Joan Kusak • Oct. 6, 13, 27; 2-3:45 p.m. • Using the book *Compassion: Living in the Spirit of St. Francis*, participants will wrestle with themes of compassion as they become more aware of compassion today. Participants will study the lives of St. Francis of Assisi, the Dalai Lama, Mother Theresa, and Pope Francis as models of compassion. \$30. Call Elizabeth at 240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Fundamentals of Personal Empowerment with Fellowship for Today • Tuesdays beginning Sept. 15 • This is year one of a three-year series of classes for both personal fulfillment and, if desired, ordination as a New Thought, Interfaith minister. \$400/term. Call Denise at 517-337-4070; denise@fellowshipfortoday.org or fellowshipfortoday.org.

Gratitude and Playfulness as Tools for Expanded Joy and Freedom with Melanie Fuscaldo • Sept. 18, 12-1 p.m. • Practice gratitude and joy as life-enhancing tools that support well-being in career, health, relationships, and all areas of life. \$30. Pre-register at 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Inspiring Talk, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Sundays, 7 p.m. • All faiths, meditation practices, and traditions are welcome as we listen to one of Mata Yogananda Mahasaya Dharmaji's recorded talks. Pure meditation, silent prayer, and winged prayer for all in need follow. Free. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

The Eight Golden Pearls of 2015 with Gayle Fitzgerald • Dec. 3, 7:30-8:30 p.m. at Crazy Wisdom Community Room • Align with the potent vibrational influence of power in 2015. Students will explore how to gain success, prosperity, and fulfillment as they strategize success, master karma, and activate abundance. Free. Call 327-8423; celestialvibrations@gmail.com or celestialvibrations.com.

Beyond Coincidence: Seeing the Message behind Our Everyday Interactions with Robin Brophy • Nov. 9, 3-5 p.m. at Crazy Wisdom Community Room • Each moment in life happens for a reason; what we may need to learn in any moment relates to our healing, growth, or expression. This workshop will demonstrate how to recognize and work the subtle signs in everyday life. \$10. Call 303-525-6478; robin.brophy@ymail.com.

The Power of Intent with Robin Brophy • Sept. 28, 2-3:15 p.m. at Crazy Wisdom Community Room • The ability to transform a situation or environment rests with the energy that we bring to it. This workshop will cover how to work with intent in everyday life. \$10. Call 303-525-6478; robin.brophy@ymail.com.



Readers in the Crazy Wisdom Tea Room

No appointment needed;
Readings \$1.50 per minute

Monthly Schedule

Tarot Readings with Gail Embery
Tuesdays, 6-9 p.m.
ReadingswithGail.com - 313.655.7694

Tarot/Psychic Readings with Rebecca Williams
Thursdays, 6-9 p.m.
rebeccawilliams999@comcast.net

Tarot and Numerology — Wisdom Readings with Jeanne Adwani
1st and 3rd Fridays, 6:30 - 9:30 p.m.
Call 734-260-0629; lspygirl14@gmail.com

Intuitive Readings with Irena Nagler
2nd and 4th Fridays, 6:30-9:30 p.m.
birena@umich.edu - 734.996.1772

Astrology Readings with Alia Wesala
2nd and 4th Saturdays, 3-6 p.m.
astrolibration@gmail.com - 734.719.0782

Psychometry Readings with Barbara Pott
1st and 3rd Sundays, Noon-3 p.m.
awencrafts@gmail.com - 734.576.5707

Intuitive Readings by Marcella Fox
1st and 3rd Sundays, 3-6 p.m.
marcellapfox@gmail.com - 734.717.8513

Palmistry Readings with Vijayalaxmi Shinde
1st and 3rd Saturdays, 3 to 6 p.m.
and 2nd and 4th Sundays, 3 to 6 p.m.
vijaya_laxmi@comcast.net - 734.961.8052

LENNY BASS, MEDITATION COACH, ON THE REWARDS OF MAINTAINING A LONG-TERM MEDITATION PRACTICE

Lenny Bass is a longtime meditator and resident of Ann Arbor with deep ties to the Zen Buddhist Temple here in town. Self-employed for the past 20 years, doing many forms of outdoor work, he has begun a new form of service, helping those new to meditation, or even those with some experience, to establish and/or maintain consistency in their practices.

Interview by Julianne Linderman • Photos by Joni Strickfaden



Julianne Linderman: Lenny, you have been practicing meditation for almost 30 years and are now looking to help others develop their own practices. As you described it — you are now working with people somewhat like a “life coach,” but for meditation. How are you planning to work with those who wish to begin or maintain existing practices?

Lenny Bass: I’m hoping to attract individuals for whom meditation practice does not fit into a kind of “one-size-fits-all” approach that is often found in larger classroom settings. To me, meditation practice is a very personal matter. Individuals come to their practices for their own unique reasons and in their own unique ways. I hope to work with individuals one-on-one to help tailor practices that take into account these unique circumstances and to provide long-term support in helping the practices to develop a degree of consistency over time.

Julianne Linderman: What motivated you to want to begin helping others with meditation?

Lenny Bass: For a long time, I was looking very deeply at all the troubles of the world — you name it, poverty, famine, war, environmental degradation, and so on. No matter which problem I looked at, I began to see a common root situated deep within the human spirit. And I began to understand that the very source of these problems had everything to do with a kind of untapped or unexplored sense of oneself and one’s true nature. As my own meditation practice grew, I began to really understand the great benefit it could have, not only to myself but also to the world at large. So, in a sense, my motivation for doing this work is unchanged.... I want to help try to solve all the great problems of the world. Only, I see it more clearly as individuals solving their own problems first. And for that, I cannot personally think of a better way than developing a consistent meditation practice.

I’m hoping to attract individuals for whom meditation practice does not fit into a kind of “one-size-fits-all” approach that is often found in larger classroom settings. To me, meditation practice is a very personal matter.

JL: It seems that there are some common misconceptions about meditation, that it may be easy or, as you mentioned, another form of “escape.” In one of your blogs for crazywisdomjournal.com (“Faster than a Speeding Bullet: Freight Trains and the Art of Meditation”), you describe quite the opposite:

Ego ... to me ... is every way in which I have ever come to define myself. More than this, it is my attachment to every way in which I have ever come to define myself.

“It occurs to me that meditation ... is just like trying to apply the brakes to a hundred-car freight train in motion ... with a pair of tweezers no less! How long would it take to stop a train of this magnitude with a pair of ordinary hand-held tweezers? This, I believe, is meditation ... in a nut shell. At least in the beginning, I would say.”

How do we even begin to “apply the brakes” to our thoughts?

LB: Well ... like anything we want to become good at, the key is practice. When I first learned to play the guitar, I was “overwhelmed” by all my limitations; I couldn’t get my fingers to the strings I wanted, I couldn’t play any songs well and I sounded terrible. It’s the same way with learning to stop one’s thoughts. If you practice a few days, decide you’re not “Beethoven” and quit, then really, you haven’t given yourself a chance. But ... how exciting when suddenly you can put together a simple song! Or, in terms of meditation, when you first sense that vast inner space and the peace and joy that come with that. Once you touch that, you’re on your way, but until you do, your own thoughts about it all can circumvent the whole process.

JL: And what begins to happen when we are able to derail these thoughts?

LB: What happens is that you begin to develop a kind of awareness that is hard to describe in words. It’s scary at first, because the thoughts of who we are, are so engrained in the fiber of our being. It’s easier to cling to what we know rather than open to this vast unknown whatever-we-want-to-call-it. Yet, as we do, we experience a kind of spaciousness, almost as if we have more space and time available to experience whatever it is we’re going through — good OR bad — in a much deeper way. Tapping into this more and more, we realize we’re willing to make the trade; i.e., that the losses we incur are worth the sense of awe and wonder that begins to shine through.

JL: You talked about the role of the ego in meditation. Can you explain more about that for our readers?

LB: Ego ... to me ... is every way in which I have ever come to define myself. More than this, it is my *attachment* to every way in which I have ever come to define myself. In meditation practice, we begin to gain awareness of the impermanence of all things. Any way that we are bound to define ourselves is bound to break down. So meditation practice loosens the grip of all our identity attachments, no matter what they are. It is a kind of “dissolving” process, like watching a Pepto-Bismol pill dissolve in a glass of water. Little by little, item by item, we learn to let it all go ... because sooner or later, whether we like it or not, it will be gone anyway.

JL: In your words, meditation practices can be “as unique as the individuals who begin them.” Can you explain more about this?

LB: Traditional meditation practice has us sitting on a mat and cushion staring for hours at a blank wall. Now, I’m not opposed to this at all. In fact, I think it is a fantastic way to unravel the ego and awaken. *However* ... it is *not* the only way. If there are seven billion people on this planet, then I would say that there are seven billion ways to meditate ... and meditate well. Some are artists ... is their art form *not* a potential meditation? Some like to walk. Some like to run. Some have to drive long hours to and from work. Some have little ones to pay attention to constantly throughout the day. Some have knee problems and can’t sit. Each person is unique and so it is my belief that each practice is unique. And the best practice doesn’t attempt to fit a square peg into a round hole. Instead, it uses the square peg to the best of its abilities to create opportunities for awareness to unfold.

JL: You mentioned that you arrived at the Zen Buddhist Temple in your late 20s, completely new to meditation. Is that right? Can you describe a little about your experience there? What were some of the initial challenges you faced?



If there are seven billion people on this planet, then I would say that there are seven billion ways to meditate ... and meditate well.

LB: Yes ... I was a young, brash seeker who'd just witnessed the financial collapse of his family and all the great suffering it caused and was completely disillusioned with life. I was on a mission to explore anything and everything I could, and happened through the Temple gates at the same time as they were in search of a new resident. Next thing I knew, I was moving in. I knew less about Buddhism than a fish knows about bicycles — to paraphrase an old quote. Having grown up in a conservative Jewish household, I almost moved right back out of the Temple the next day when I found myself, at 4:30 a.m., no less, doing 108 prostrations before the statue of a Buddha. Jews, as you might know, *do not* bow to idols. But somehow, I hung in. And actually, over time, I grew to absolutely adore prostrations ... as another form of meditation practice (there are so many!) But, yes, I had to overcome some initial "identity attachments" in relative short order in order to persevere over the long haul.

JL: How has your own practice evolved over the years?

LB: I'd say the evolution hasn't been in terms of the quantity of things I take on, but rather the consistency with which I keep at it. Ultimately, in time, the evolution of meditation teaches you that absolutely *everything* we do is a form of meditation. There's a certain kind of seamlessness about it all that begins to unfold ... where more and more, you are unable to distinguish between what is and what is not your meditation practice. This, however, takes time — kind of like playing a game of hide and seek. You "find" your meditation practice ... and you lose it again. In time the part of you that's good at hiding runs out of places to go. And eventually, this part just gives up altogether. I'm not to that place yet, but I think this is where all meditation practice eventually leads.

JL: What is your routine like now? Over the years, have there been times you've fallen out of practice?

LB: My practice these days is pretty consistent. And varied, as well. My two main "formal" practices, however, are sitting meditation and journal writing. Those I would say I do almost 365 days of the year. Other practices include a kind of driving meditation where I light incense and breathe (excellent road rage preventative),



splitting firewood, running (but not as much anymore), going on retreats, among others. There have been times when I've fallen out of practice ... and I can say, with utmost honesty, they weren't pretty times! Unforeseen individualized crises can do this; sort of launch you away from your practice (often at times you need it the most!) Hopefully, the residual of what you've done can help see you through until things calm a bit and you can get back to your regular routine.

JL: Besides meditating in a seated position, what other activities might be forms of meditation?

LB: Well ... as I mentioned ... anything and everything can be a form of meditation, if a degree of mindfulness is brought along. A woman I talked with recently told me she just couldn't sit calmly on a mat and cushion. Yet, she told me she *loved* and adored her six cats, and that they brought her a sense of calm. *That*, I told her, was truly her form of meditation: observing her cats. (For cats are, in fact, the master meditators of the universe ... no?)

JL: What other types of activities do you find meditative?

LB: Sitting by the river. Bowling — and talking — to trees. Watching a sunset. Walking mountain trails. Wrestling with my son.

JL: Lenny, you mentioned you live with your wife, Nan, and your 15-year-old son. How long have you lived in Ann Arbor, and what do you like and not like about living in this town?

LB: I came to Ann Arbor as an 18-year-old from Chicago, attending the University of Michigan. After I graduated, I wandered around for five or six years before moving back to Ann Arbor. I basically decided it was as good a place as any for a confused kid to reside. Turns out, it was a *great* place for just that. So many great people, so much diversity and opportunity to explore, most of it within walking distance or by bicycle. So, I met my wife, had my son, and wound up settling here. Now, 25 years later, I am maybe just "half" as confused as when I started out!

JL: What places or locations in Ann Arbor do you personally find "meditative?"

Now, 25 years later, I am maybe just "half" as confused as when I started out!

LB: We live at the edge of Delhi Park ... and for those of you who've been out here, you know that the river rapids are quite beautiful just by the Delhi Bridge. I don't sit there enough, but when I do, the world just sort of falls away and I recapture that space of awe and inspiration available to us all each and every day. It's kind of a "can't miss" spot to be in.

JL: Does your wife, Nan, also meditate? What is her attitude about your meditation practice?

LB: Some of us have to meditate because if we don't, we're basically relegated to a loony bin. My wife is not in this category. Why this is, I don't know. The Buddha never had much to say about past lives, but if we surmise that they exist, my wife mastered meditation long, long ago. She tolerates me — and sometimes even my son does. Lord knows why they do, so I'm grateful to them every day.

JL: What about your son — does he meditate? And what is his attitude about your meditation practice? Does he like who you are after you've been meditating? Does he ever say, "Hey, dad, why don't you stop bugging me and go meditate, you could use it?" Do you think meditation has had a positive impact on your relationship with your son? How?

LB: Right now, I'm not sure my son is self-aware enough to see any of the benefits my meditation practice might have in terms of our relationship together. From a traditional point of view, I am not the model of so-called "success" that has been culturally crammed down his throat, so sometimes that gets in our way. Maybe, over time, he may come to recognize the benefits accruing to him as a result of my practice. In a nutshell I would say that they include acceptance and a carte blanche permission slip to be whoever he wishes to be and be loved unconditionally for it. And, as well, I am keenly aware that he was not brought into this world to please or justify my existence. I try to stay out of his way at every turn!

If you're interested in Lenny Bass' meditation service, or know others who might be, you can contact Lenny at oneononemeditation@yahoo.com.

To read Lenny's blogs for Crazy Wisdom, visit www.crazywisdomjournal.com.

The Crazy Wisdom Calendar

Spiritual Development (continued)

The Seven Golden Pearls of 2014 with Gayle Fitzgerald • Sept. 15, 7-8 p.m. at Crazy Wisdom Community Room • Discover how to gracefully ride the vibrational wave of change and thrive in the last quarter of 2014, as well as preparing for 2015. Free. Call 327-8423; celestialvibrations@gmail.com or celestialvibrations.com.

Monthly Ascension Support Class with Eve Wilson • Fourth Thursdays, 7:30-9:30 p.m. • This class will explore how to smooth the path to ascension and spiritual growth in order to receive higher levels of soul, body, and DNA through a process that is easy, joyful, powerful, and gentle. \$50/class. Call 780-7635; ewev@spiritualhealers.com or spiritualhealers.com.

Storytelling

Story Night with Members of the Ann Arbor Storytellers’ Guild • Sept. 11, Oct. 9, Dec. 11; 7-9 p.m. at Crazy Wisdom Tea Room • Bring a story or lend an ear. Enjoy yummy desserts, exotic teas or light supper while listening to Ann Arbor Storytellers’ Guild Members. No pressure, but consider bringing a five-minute tale to tell. We’re all ears. Free. Contact Laura at laurastory62@gmail.com; annarborstorytelling.org.

Ann Arbor Storytellers’ Guild Monthly Meeting • Fourth Sundays, 2-4 p.m. • Meetings always start with stories, and then . . . more stories! Listeners and tellers welcome. Free. For more information, annarborstorytelling.org.

“Tellabration” Storytelling Concert for Adults with Ann Arbor Storytellers’ Guild • Nov. 14, 7:30 p.m. • Annual storytelling concert for adults, ages 14 and up. Glen Modell will be the MC and guest storyteller. Other featured tellers to be announced. \$15. Call 662-3770 or lauragami@provide.net or annarborstorytelling.org.

Stress Management

Staying Centered in the Fast Lane with Beth Barbeau • Dec. 2, 10:30-11:30 a.m. • Throughout history, many cultures have developed simple techniques to encourage stress relief, deep revitalization, grounding, and other health benefits. This workshop will draw on a variety of modalities such as meridian massage, brain gyms, and the Hunza squat for noticing a positive difference in as little as two minutes. Wear comfortable clothes. Free. Call Juliana at 994-8010; Info@TheIndigoForest.com or TheIndigoForest.com.

Pure Meditation Foundation Class with Self Realization Meditation Healing Centre • Oct. 31, 3 p.m. • Conquer stress, improve concentration, and find inner peace. Meditation helps practitioners take charge of how they feel physically, mentally, and emotionally, and takes only a few minutes to practice each day. \$60 (includes book and follow-up appointment). Call 517-641-6201; Info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Helping the Helper in a High-Crisis World: Support for Health Practitioner Burnout with Marnie Burkman • Oct. 16, 1-5 p.m. at Crazy Wisdom Community Room • Health practitioners, whether physicians, therapists, nurses, bodyworkers, or others, have a crucial role in helping people navigate the intensity of human emotional, physical, and spiritual health crises. To help cope with the overload from others’ crises, this workshop helps deepen understanding of burnout and receive practical support and guidance for self-healing. \$75. Call 707-8075; michiganintegrative@gmail.com or michiganintegrative.com.

Helping the Helper in a High-Crisis World: Support for Health Practitioner Burnout with Marnie Burkman • Sept. 18 or Oct. 16, 7-8 p.m. • Health practitioners, whether physicians, therapists, nurses, bodyworkers, or others, have a crucial role in helping people navigate the intensity of human emotional, physical, and spiritual health crises. To help cope with the overload from others’ crises, this one-hour class helps deepen understanding of burnout and receive practical support and guidance for self-healing. \$10. Call 531-9570; michiganintegrative@gmail.com or michiganintegrative.com.

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Sept. 25, 12-1 p.m. • Tune into messages from your body, mind, and spirit and learn effective strategies to enhance your well-being. Identify your unique stressors. Gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. \$30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Equine Inspired Mindfulness with Kimberly A. Cardeccia • Sept. 27, 2 p.m. • This workshop balances the intellectual with the experiential to enrich the application of mindfulness in your life. It will consist of lecture, discussion, and the opportunity to experience mindfulness with the support of a horse. \$50. Call 517-898-5094; Kim@HiddenPromiseCampus.com or HiddenPromiseCampus.com.

Sustainability

Awakening the Dreamer Symposium with Joan Kusak • Oct. 11, 9 a.m.-1 p.m. • Are you interested in a sustainable, socially-just, and spiritually fulfilling presence on this planet? This workshop, created and supported by Pachamama Alliance, takes a look at where we are, how we got here, what is possible for the future, and how we get there. \$25. Call Elizabeth at 240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Natural Building Internship with Deanne Bednar • Monthly internships beginning Sept., Oct., and Jan. • Learn sustainable building while living at the Strawbale Studio land. Program may include earth plastering, rocket stove, thatching, reed collecting and foraging, finishing buildings, compost heating system, and more. Call Deanne for rate and details at 248-628-1887; ecoartdb@gmail.com or strawbalestudio.org.

First Friday at Strawbale Studio with Deanne Bednar • Sept. 5, Oct. 3, Nov. 7, Dec. 5; 4:30-9 p.m. • This hands-on workshop includes volunteering, tours of thatched structures and rocket stoves, shared supper, and bring-your-own-crafting evening. \$10 (free if volunteering). Call 248-628-1887; ecoartdb@gmail.com or strawbalestudio.org.

Mushroom Growing Basics with Rachel Mifsud • Oct. 11, 1-4 p.m. • Mushrooms are easy to cultivate indoors or outdoors with very little space, making them ideal for people in apartments who want to grow some of their own food. This class will provide basic information about the mushrooms that share our habitats, how to grow them indoors, and how to inoculate logs with mushroom plugs for outdoor growing. \$35 (plus \$5 or \$20 mushroom kit). Register with Rowena at 531-8330; naturelearningcommunity@gmail.com.

Tai Chi, Martial Arts, and Self-Defense

Chen Tai Chi with Joel Robbins • Various evenings and weekends • Chen style Tai Chi Chuan consists of graceful and complex spiraling movements. Attention is given to proper body mechanics and the flow of Qi in the body. Tai Chi practice cultivates health and a peaceful meditative state, while also developing a self-defense skill. \$15. Call 315-0573; joelrobbinsherbalist@gmail.com or joelrobbinsherbalist.com.

Sun Shen Tai-Chi: Basic Form with Ann-Margaret Giovino • Thursdays, 7:10 p.m. • Learn to move with integrity, relaxation, grace, and power. Class is suited for beginners. \$50/monthly or \$15 drop-in. Call Alexis at 745-9786; alexis@sunshen.org or sunshen.org.

Wu Style Tai Chi Chuan with Genie Parker • Thursdays, 6 p.m. and Sundays, 2:30 p.m. • Wu Style Tai Chi Chun is a soft style martial art emphasizing balance and relaxation. This ancient art is meditation in motion. \$45/month; first class free. Call 248-220-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

Sun Shen Tai-Chi: Pushing Hands with Joseph Wang • Wednesdays, 5:30-7:30 p.m. • Tai-Chi pushing hands helps students see the world in a non-reactive, calm way, to listen carefully, and stop making assumptions. Students learn to find freedom in themselves and interact with others without compromising themselves. \$65/month or \$20 drop-in. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Sun Shen Tai-Chi: Mysticism for the Modern World with Sang Kim • Monday-Friday, 7-8:30 a.m. • Sun Shen, or “moving forward spirit,” is a school of spiritual development committed to helping people go beyond their limitations and pursue their full potential. The training allows for deep spiritual experiences through the challenges of modern daily life. \$225/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Tai Chi: Beginning through Advanced with Good EnerChi Studio and Staggerin Dragon School of Tai Chi • Ongoing classes • Tai Chi classes are for individuals of any age and fitness level who seek to relax and have fun with this engaging body/mind activity. Tai Chi is a peaceful, flowing, low-impact exercise, well-suited for calming and centering. Free. Call Karla at 325-4244; karla@goodenerchistudio.com or goodenerchistudio.com/classes.

Wu Style Tai Chi at Jewel Heart with Marilyn Feingold • Sundays, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft-style martial art emphasizing relaxation and balance. \$5. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Tarot & Divination

Drop-In Tarot Readings with Gail Embery in the Crazy Wisdom Tea Room • Tuesdays, 6-9 p.m. • Make enlightened life choices as Gail guides you through difficult times by skillfully consulting the Tarot to get answers for you and by accessing her psychic/medium abilities. \$1.50 per minute. No appointment necessary. Call 313-655-7694; reading-swifthgail.com.

Tarot and Numerology: Wisdom Readings by Jeanne Adwani in the Crazy Wisdom Tea Room • First and Third Fridays, 6:30-9:30 p.m. • \$1.50 per minute. No appointment necessary. Call 260-0629; lspygirl14@gmail.com.

On September 1, 2014, the Crazy Wisdom Calendar will be available online at our new website: www.crazywisdomjournal.com.

Knowledge speaks, but wisdom listens.
— JIMI HENDRIX

Sell your cleverness and buy bewilderment.

— RUMI

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • \$1.50 per minute. No appointment necessary. Contact rebeccawilliams999@comcast.net.

Drop-In Psychometry Readings with Barbara Pott in the Crazy Wisdom Tea Room • First and Third Sundays, 12-3 p.m. • Understand the past, guidance for the future intuit-ed from your small objects or pictures. \$1.50 per minute. No appointment necessary. Call 576-5707; awencrafts@gmail.com.

Tea Events

Halloween Fairy Tea with Crazy Wisdom Tea Room • Oct. 30, 1 p.m. and 4 p.m. seatings at Crazy Wisdom Tea Room • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Be spooky! Tickets are \$11 per person. Babies 18 months and younger are free. Tickets are available at Crazy Wisdom or by phoning prior to the event. For more information call 665-2757 or email miranda@crazy-wisdom.net or crazywisdom.net.

Wilderness Awareness

Star Party with the University Lowbrow Astronomers • Sept. 12, 8-11 p.m. • The University Lowbrow Astronomers will be leading an evening of star gazing at their site. This is a chance to get close up views to starts, planets, nebulae, and other celestial objects that are hard to see without telescopes. Bring your binoculars if you have them -it's amazing what you can see using them. Moonrise at around 10 p.m. Participants under age 18 must be accompanied by an adult. \$5 (free for LSNC members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

An Evening with Sandhill Cranes with Leslie Science and Nature Center • Oct. 18; 2-6 p.m. • Carpool from LSNC to a sanctuary near Jackson where over 8,000 Sandhill cranes have been counted coming in to roost for the night. Participants will use binoculars and spotting scopes to get a birds-eye view of their evening home. \$10/person, \$38/family. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

How To Use a Telescope with the University Lowbrow Astronomers • Nov. 7, 7-9 p.m. • If you have a telescope but are uncertain how to use it, or would like to purchase a telescope, this workshop will teach you how to determine the telescope that fits you and your sky-watching hobbies best. Participants under age 18 must be accompanied by an adult. \$5/person. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Cave Man/Woman Tool Kit with George Hedgepeth • Oct. 25, 1-5 p.m. • The instructor will guide participants in making a basic tool kit for many tasks, including a stone-flake cutting tool, a bone awl, and a fire-hardened digging stick. \$45 (12 and under half-price with paying adult). Call Roweena at 531-8330; naturelearningcommunity@gmail.com.

Nature Learning Community Outdoor Skills Day with Sunward Cohousing Community • Sept. 27, 1-4 p.m. • Around a campfire in the forest, participants will practice outdoor skills such as fire-making, carving, and acorn preparation. Games, hammock relaxation, campfire cooking, and snack sharing also available. Free. Call Rowena at 530-8331; naturelearningcommunity.org.

Women's Health

Celebration Day for Girls with Dolores Rubio-Turtle • Sept. 6 • Celebration and positively presented information around puberty and menarche has a strong effect on body image, emotional health, and menstrual experiences. This workshop will also empower young women in their relationships, fertility, and sexuality experiences later on. Sessions for girls and for mothers. \$65/mother-daughter pair. For times call 233-4632; dolores@orethic.com or celebrationdayforgirls.com.

Happy Healthy Cycles with Juliana Sutton • Oct. 14, 10:30-11:30 a.m. • From homeo-pathic to herbs and nutrition, learn the keys to a balanced and more-than-just-tolerable cycle. Course will help participants avoid painful cramping, heavy periods, and mood swings. Free. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Breast Health: Meeting Your Needs as a Woman with Juliana Sutton • Sept. 3, 10:30-11:30 a.m. • There are many natural health methods and little-known lifestyle changes that support healthy breasts for life. This workshop, in preparation for breast cancer awareness month, is designed to help women reduce worry and be proactive. Free. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Work & Right Livelihood

On Fire Again: A Map To Powerfully Navigating Change and Transition with Laura Shope • Sept. 20 or Nov. 8; 9 a.m.-4:30 p.m. • During this one-day workshop, partici-pants experience a model for navigating work/life change that brings peace and clarity for moving forward. Leave with renewed hope and confidence, seeing a clear path forward to discovering a new dream. Part One of the NewFire journey. \$98. Call 646-6374; laura@bluefireinstitute.com or bluefireinstitute.com.

NewFire Discovery with Laura Shope • Three-month program beginning Sept. • In

HAVENING TECHNIQUES



EXPERIENCE A NEW WAY OF HEALING

Introductory Classes September and October

The Havening Technique is a healing modality that is designed to help individuals overcome problems that are the consequence of traumatic encoding. The Havening Technique belongs to a larger group of treatments called **psychosensory therapies**, which use sensory input to alter thought, mood and behavior.

**Contact Donna Ryen,
Certified Havening Practitioner
734-417-3884
www.havening.org**

this three-month program that includes two retreats, participants go deep to discover the ingredients of what they must have as part of their vision for moving forward. The series is designed to dissolve sabotaging fears to unleash natural energy and creativity, preparing participants to create their next life/work dream. Part Two of the NewFire journey. \$2497. Call for details and dates at 646-6374; laura@bluefireinstitute.com or bluefireinstitute.com.

Ecological Awareness: The Christian Challenge with Pat Benson • Oct. 6, 13, 20, 27; 6:30-8 p.m. • This series focuses on the spirituality of Jesus and connections to social justice, care of creation, and climate change. The series will include videos, power points, reflections, discussion, and questions. \$40/series. Call 517-266-4000 for suggested read-ing; webercenter@adriandominicans.org.

Live Your Career Dream with Melanie Fuscaldo • Sept. 30, 12-1 p.m. • Begin to identi-fy your unique career dream and gifts to share with the world. Release blockages and step into flow state. Create an action plan. \$30. Preregister at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Writing and Poetry

Crazy Wisdom Poetry Series at Crazy Wisdom Tea Room, hosted by Joe Kelty and Ed Morin • Second and Fourth Wednesdays of each month, 7-9 p.m. • Free. Call Ed at 668-7523; eacmorso@sbcglobal.net or cwpoetrycircle.tumblr.com.

Second Wednesdays, 7-9 p.m.: Poetry Workshop • All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins at 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader for 50 minutes, Open Mic Reading for one hour • All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.

Sept. 24 • Peninsula Poets Nights • The evening features poets whose poems appear in the Spring 2014 issue of *Peninsula Poets*, a publication of the Poetry Society of Michi-gan. Readers include widely-published poets Laurence Goldstein, David James, Michael Lauchlan, Cynthia Nankee, Saleem Peeradina, Richard Solomon, Larry Thomas, Cody Walker, and Robert Brill.

Oct. 22 • Mary Minock • Minock's most recently-published book is a memoir of her southwest Detroit childhood entitled *The Way-Back Room*. Her poetry appears in *Drift-wood Review*, *The MacGuffin*, *MARGIE*, *Mid-America*, *Patterson Literary Review*, and the Detroit anthology *Abandon Automobile*. Her awards include a Ginsberg Poetry Award and the Gwendolyn Brooks Award. She has just completed *The Wildflowers of Detroit*, a manuscript of narrative and lyric poetry.

Dec. 3 • Kathy Edgren • Edgren has published two chapbooks: *Long Division* and *Trans-ports*. Her work has appeared in *Christian Science Monitor*, *Birmingham Poetry Review*, *Barbaric Yawp*, *Main Channel Voices*, *Bear Creek Haiku*, *Coe Review*, *The Evening Street Review*, and in *Writers Reading at Sweetwaters, an Anthology*. She won the Writers' Di-gest non-rhyming poetry award in 2004.

The Crazy Wisdom Calendar



JULIE WOLCOTT AND MARCIA BAILEY own and operate “Breathe Ann Arbor” (BA2), which offers breathwork programs and workshops. Wolcott and Bailey are Certified Senior Trainers with the Transformational Breath Foundation. For more information on their fall events, see the “Breathwork” section of the Calendar on page 88.

Writing and Poetry (continued)

Robert Hass and Brenda Hillman Poetry Reading with One Pause Poetry, White Lotus Farms, and Zell Series @ UM • Sept. 26, 7-9 p.m. • Former Poet Laureate and Pulitzer Prize winner Robert Hass reads with poet Brenda Hillman in the gardens of White Lotus Farms. Both poets are active in the eco-poetry movement. Free. Call Sarah at 910-616-0372; sarah@onepausepoetry.com or onepausepoetry.com.

CD Wright and Forrest Gander Poetry Reading with One Pause Poetry, White Lotus Farms, and Zell Series @ Uof M • Sept. 12, 7-9 p.m. • MacArthur fellow CD Wright and Forrest Gander read from their work in the gardens of White Lotus Farms. Reception and book signing to follow. Free. Call Sarah at 910-616-0372; sarah@onepausepoetry.com or onepausepoetry.com.

Yoga

Partner Acrobatics with Connor Otto • Mondays, 6:15-7:45 p.m. • Explore partner dynamics through balance and movement and postures of supporting and flying. Practitioners will slowly build confidence and a repertoire of different moves and skills that require strength, balance, and stability. This all-levels class is designed to revitalize a sense of play and interact with others in a safe and supported environment. \$15. Call 646-9222; connor@connorotto.com or connorotto.com.

Iyengar Yoga Classes at Yoga Focus with Karen Ufer and Instructors • Ongoing classes from Sept. 8- Dec. 6 • Classical yoga classes in the tradition of B.K.S Iyengar. Beginning through experienced level classes, including gentle and prenatal yoga, in a studio setting complete with all props. \$15 (trial class \$10). Call 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Restorative/Better Backs Yoga for Ladies Only with Peachy Fitness • Tuesdays and Thursdays, 10-11 a.m. • Restorative/better backs yoga relieves back pain by strengthening and stretching the muscles that support the spine and helps to prevent future injury. Participants use bolsters, straps, blocks, and blankets to feel comfortable and create deeper openings in body parts that store tension. \$12/class (\$99/12 classes). Call Zaini at 681-0477; Zaini@PeachyFitness.com or PeachyFitness.com.

Kids Yoga with Peachy Fitness • Wednesdays, 5:30-6:30 p.m. • For children ages 7-12 years old, yoga can help build self-esteem and self-respect. Kids Yoga promotes physical strength that encourages children to use their muscles in new ways and helps improve focus and concentration. \$12/class (\$99/12 classes). Call Zaini at 681-0477; Zaini@PeachyFitness.com or PeachyFitness.com.

Lunch Time Yoga with Peachy Fitness • Tuesdays and Thursdays, 12:30-1:15 p.m. • This 45-minute flow-style class will help move your body and increase metabolism. The class is designed to provide participants with extra energy to get through the afternoon drag and stay invigorated throughout the day. \$12/class (\$99/12 classes). Call Zaini at 681-0477; Zaini@PeachyFitness.com or PeachyFitness.com.

Candlelight Yin Yoga with Peachy Fitness • Monday, 7:45-8:45 p.m. • Yin yoga is slow-paced style of yoga with poses that are held for longer periods of time. It increases range of motion, detoxifies, and keeps joints moist and supple. \$12/class (\$99/12 classes). Call Zaini at 681-0477; Zaini@PeachyFitness.com or PeachyFitness.com.

Iyengar Yoga Method Classes at Ann Arbor School of Yoga with Laurie Blakeney • Ongoing classes • Iyengar yoga is designed to be safe, effective, and transformative. Classes are available for all level students, as well as target theme classes taught by certified Iyengar yoga method teachers. \$14/class. Call 663-7612; aasyoffice@gmail.com or annarborschoolofyoga.com.

Rejuvenate, Restore, and Flow into Fall with Gyrotonic Tree Town and Pilates Loft Studio • Oct. 4, 2-5 p.m. • This mini-retreat will combine elements of gentle yoga, fluid movements of the gyrokinesis method, and breath work. The workshop is designed to help reduce tension and leave participants calm and grounded. \$50. Call Heather or Robin at 274-9482; heather.glidden@gmail.com or gyrotonictreetown.com.

Gentle Yoga with Gyrotonic Tree Town and Pilates Loft Studio • Tuesdays, 5-6 p.m. • Gentle Yoga allows everyone to experience the mental and physical benefits of yoga by blending influences from hatha, yin, and restorative yoga. It includes modified poses, stretching, and breathing exercises designed to incorporate balance and mindfulness to daily life. Call Heather or Robin at 274-9482; heather.glidden@gmail.com or gyrotonictreetown.com.

Yoga Classes at Harmony Yoga with Karen Husby-Coupland • Daytime, evening, and Saturday classes • Iyengar yoga classes for all levels including gentle yoga in a small, west side studio. \$17/class (multiple class discount). Call 222-9088; karen@harmonyyogaannarbor.com or HarmonyYogaAnnArbor.com.

Inward Bound Yoga at Friends Meetinghouse • Session 1: Sept. 8-Oct. 25; Session 2: Oct. 27- Dec. 20 • Since 1995, Inward Bound has offered a variety of approaches to the ancient discipline of yoga. Class options include several levels of hatha yoga, prenatal and postnatal yoga, ashtanga yoga, and flow classes coordinated with music. For class descriptions and fees, see ibyoga.com or martha-laatsch@gmail.com.

Iyengar Yoga with Erica Dutton • Wednesdays, 10:30 a.m.-12 p.m. • Beginners welcome to iyengar-based classes that emphasize flexibility, strength, and gentleness. Free. Call 477-5848; info@deepspring.org or deepspring.org.

Fall Weekend Yoga Retreat at the Rustic Gate, Big Rapids, MI with Christy DeBurton • Sept. 26-28 • Yoga classes will include yin, energy flow, ashtanga, and partner yoga as well as time to enjoy walking trails, labyrinth, bonfires, bird watching, and nearby mountain biking and hiking trails. Retreat includes locally-sourced vegetarian meals and accommodations. \$289 (\$269 before August 26). Call 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Mornings, evenings, and Saturdays • Classes in hatha, vinyasa, yin, and energy flow yoga in a local, private neighborhood yoga studio. Call Christy for times and costs at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Restorative Yoga Class with Pam Lindberg • Oct. 26, 6-7:30 p.m. • The class teaches students how to use the yoga poses to rest, restore, and rejuvenate. For students who have had at least a session of Iyengar yoga. \$20. Call Sue at 395-6297; ssalaniuk@mac.com or yogaspaceannarbor.com.

Welcome Week Yoga Classes with Sue Salaniuk, Sally Rutzky, Alicia Rowe, and Pam Lindberg • Sept. 2-6 • These classes are a donation to Habitat for Humanity. Classes include simple inversions, striking a balance, and back to basics. Free (donation requested for Habitat for Humanity). Call 395-6297; ssalaniuk@mac.com or yogaspaceannarbor.com.

Iyengar Yoga Classes at the Yoga Space with Sue Salaniuk, Sally Rutzky, Alicia Rowe, and Pam Lindberg • Sept. 8- Dec. 20; weekdays, evenings, and Saturdays • Iyengar yoga is planned to improve balance, strength, flexibility, endurance, and mindfulness. Classes for all levels include yoga poses, breathing, and meditation and accommodate the needs of the individual student. Call 395-6297; ssalaniuk@mac.com or yogaspaceannarbor.com.

Free Yoga Classes with Sue Salaniuk • Sept. 26, Oct. 31, Nov. 28, Dec. 26; 6-7 p.m. • This monthly Friday evening class is designed to help participants reduce stress to feel rejuvenated and ready for the weekend. All levels welcome, especially beginners. Free. Call 395-6297; ssalaniuk@mac.com or yogaspaceannarbor.com.

Sirsasana and Beyond with Alicia Rowe • Oct. 5, 2-4 p.m. • For students with 6 months experience in the Iyengar method who have already received instruction in sirasana (headstand) and wish to learn more about how to enter and exit it, alignment while in it, and how to begin to balance away from the wall. \$35. Call 395-6297; ssalaniuk@mac.com or yogaspaceannarbor.com.

Yoga Happy Hour: Basics + Restorative with Michele Bond • Fridays, 5:45-6:45 p.m. • Learn basic alignment, simple postures and breath, along with restoratives in a candlelit studio surrounded by nature. \$13 (\$11 in advance). Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Rise and Shine Yoga with Michele Bond • Fridays, 7-8:15 a.m. • The class begins with candlelight as the sun rises over the nearby treetops. End the mixed-level practice in the full light of the new day. \$18 (\$14 in advance). Call Michele to register at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga for Athletes and More with Michele Bond • Wednesdays, 6-7:30 p.m. • This class is designed to help athletes develop core strength, enhance flexibility, agility, balance, and mental focus in an energetic practice. \$18 (\$14 in advance). Call Michele to register at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Tuesdays, 6-7:30 p.m. • The class, designed for those new to yoga, introduces the universal principles of alignment that help students learn the postures, deepen understanding of the body, and develop a safe, joyful, and therapeutic yoga practice. \$18 (\$14 in advance). Call Michele to register at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Open Level Yoga with Michele Bond • Sundays, Thursdays, and Saturdays • Each student is encouraged to honor their unique abilities and limitations with variations offered for all levels. The instructor blends the science of biomechanics with an openhearted philosophy. \$18 (\$14 in advance). Call Michele for times and to register at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Laughter Yoga with Ann Arbor Laughs • Fridays, 6-6:30 p.m. • This class involves 30 minutes of laughing for no reason except to experience the many physical and emotional benefits laughing can bring. Laughter yoga uses exercises to simply laugh, stretch, and breathe for positive well-being. Free. Call Diane at 368-5237; annarborlaughs@gmail.com or laughteryoga.org.

Iyengar Yoga with David Rosenberg • Mondays, Thursdays, Saturdays, and Sundays • Experience invigorating yoga postures using the methods of B.K.S. Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes use of yoga props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. Call for times and prices at 662-6282; massage4@aol.com or aareced.com.

Intensely Gentle Yoga: Multi-Level Hatha with Patty Hart • Various classes • This adaptive yoga class is suitable for experienced students as well as newer students moving towards a more diversified practice. Students are encouraged to develop a deeper sense of self-observation and concentration by focusing on their breathing. \$16. Call 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Attitude of Gratitude Free Yoga Class with Patty Hart • Sept. 28, Nov. 30, Dec. 28; 1-2:30 p.m. • This adaptive yoga class is gentle and suitable for all levels. Free. Call 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Trauma Awareness Yoga for Women with Patty Hart • Sept. 10, 17, 24, Oct. 1, 8, 15; 4-5 p.m. • This class is a private and gentle small class designed for women who may not be comfortable in a regular public class and who are experiencing the aftermath of traumatic events in their lives. It is suggested that students also work with a mental health professional as their healing journey continues. \$75 (sliding scale available). Call 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Sometimes, if you stand on the bottom rail of a bridge and lean over to watch the river slipping slowly away beneath you, you will suddenly know everything there is to be known.

— A.A. MILNE

Yoga with Zen Buddhist Temple • Yoga 1: Sept. 9, 16, 23, 30, Oct. 7, 14 or Oct. 21, 28, Nov. 4, 11, 18, 6-7:30 p.m.; Yoga 2: Sept. 9, 16, 23, 30, Oct. 7, 14 or Oct. 21, 28, Nov. 4, 11, 18, 6:30-8 p.m. • Beginning and experienced students learn traditional hatha yoga postures with an emphasis on relaxation, concentration, and working with breath. Early registration recommended. \$60 (\$12/session drop-in). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

SABOTAGE CORRECTION

An experience that releases negative thoughts

**Relinquish limitations and realize possibilities.
Contact your unconscious creative self.
Sense yourself as an activity in consciousness.**



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Prachi Patricia Thiel [734-417-5804](tel:734-417-5804); cprachi17@gmail.com

Yoga for Mamas with Joy Van Bael • Mondays, 10-11:30 a.m. or Wednesdays, 5:45-7 p.m. • Pre- and postnatal yoga class that honors pregnancy, motherhood, and children. Class encourages participants to share their pregnancy and postpartum journey with each other. Pregnant women and moms with babies up to one year old are welcome. \$18/single (\$140/10 classes; \$80/5 classes). Call 222-9023; contact@a2integrativetherapies.com or a2integrativetherapies.com.

Gentle Flow Yoga with Joy Van Bael • Fridays, 11 a.m.-12 p.m. • Gentle flow yoga is a tranquil yet invigorating yoga experience. Each class begins with an inspirational theme and includes music and restorative poses. \$18/single (\$140/10 classes; \$80/5 classes). Call 222-9023; contact@a2integrativetherapies.com or a2integrativetherapies.com.

Yoga for Stress Relief with Robin Goldberg • Tuesdays, 12-12:50 p.m. • This gentle class offers a mid-day opportunity to restore energy and rejuvenate the body. Sequences are taught in a personalized atmosphere for all levels of experience. \$17/single (\$105/7 sessions, \$190/14 weeks). Call 222-9023; contact@a2integrativetherapies.com or a2integrativetherapies.com.

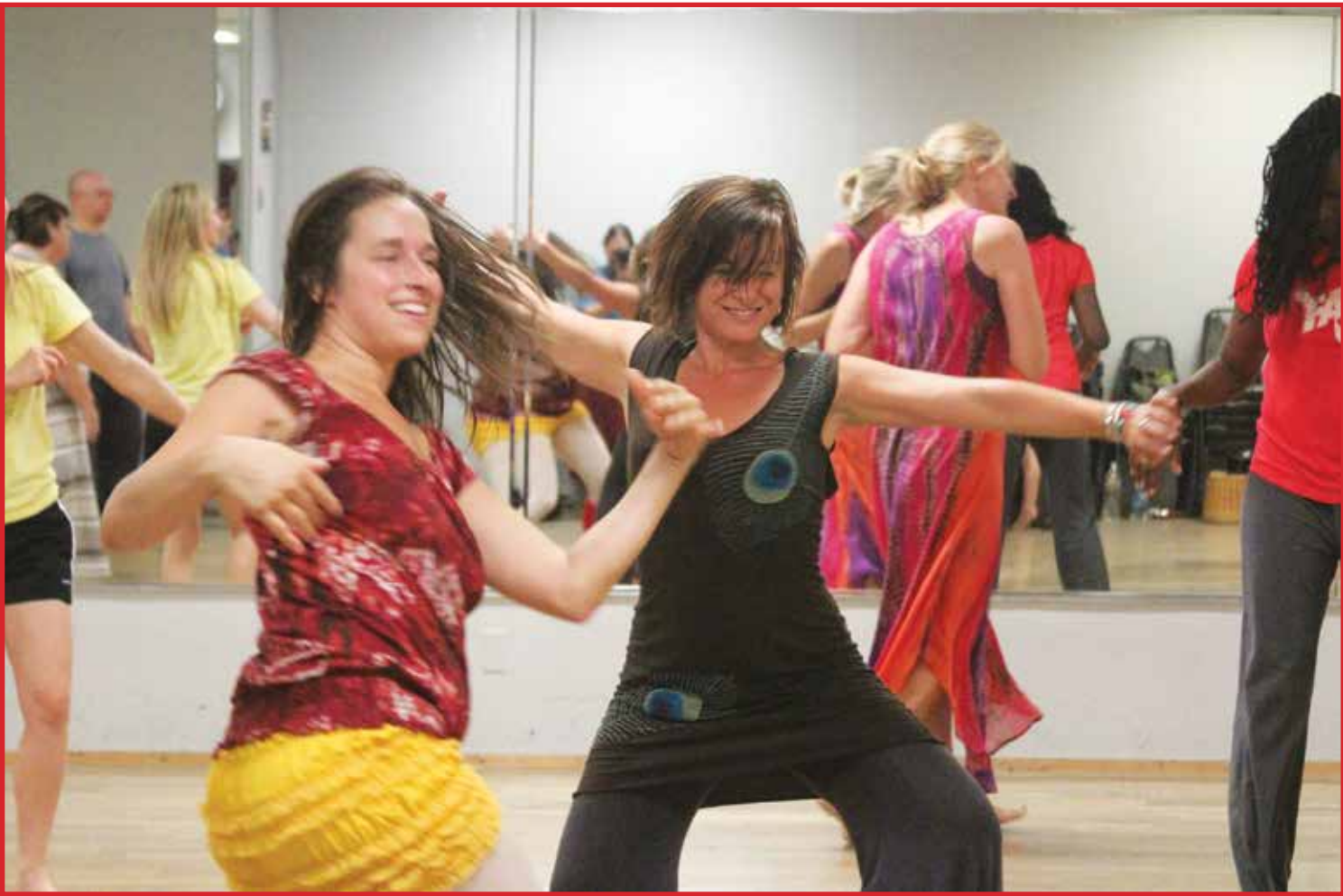
Girl Power! Yoga with Sara Hughes-Zabawa • Fridays, 4-5:15 p.m. • Yoga for girls aged 11-14, this class focuses on empowered self-acceptance, self-esteem, and mind-body-spirit connection. Strength-based yoga techniques and group discussion empower girls to foster self-love and strengthen a healthy relationship with their bodies. \$120/7 weeks (\$220/14 weeks). Call 222-9023; contact@a2integrativetherapies.com or a2integrativetherapies.com.

Restorative Yoga for Chronic Pain with Sara Hughes-Zabawa • Tuesdays, 6:30-8 p.m. • This yin yoga series is designed to reduce the stress and discomfort associated with illness and chronic pain conditions. The class is gentle and slow-moving, and is appropriate for beginners and those interested in increasing vitality and immunity through self-healing. \$140/7 weeks (\$240/14 weeks). Call 222-9023; contact@a2integrativetherapies.com or a2integrativetherapies.com.

Yoga for Emotional Balance with Barbara Brookens-Harvey • Mondays, 6-7:30 p.m. • This hatha yoga class promotes physical, emotional, and spiritual well-being. Basic yoga postures, philosophy, breathwork, and relaxation methods are taught to promote grace, flexibility, strength, balance, and stress reduction. \$110/6 weeks (\$200/12 weeks). Call 222-9023; contact@a2integrativetherapies.com or a2integrativetherapies.com.

Yoga with Ema Stefanova • Sept. 9-Nov. 16 • Choose from a variety of classes to refine your yoga practice, master meditation, experience personal growth, and get to know yoga in its entirety. For costs and details, call 665-7801; YogaAndMeditation.com.

Teachers, Lecturers, Workshop Leaders and the Centers



SHEDDING SKINS ECSTATIC DANCE is a movement meditation, “a free form journey to your healing,” says host Caryn Simon. The open dance class is held weekly at Mota Thai Yoga (next to The Yellow Barn). For more information, see the “Movement & Dance” section of the Calendar on page 102.

Aaron “is a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition” and is channeled through Barbara Brodsky.

Linda Adamecz, MSW, Certified Practitioner of Integrative Breathwork, is an individual therapist and group facilitator in the mental health field for over 25 years.

Nia-Avelina Aguirre, ND, is a board certified naturopathic doctor with experience in natural health, wellness, and movement. She has more than 30 years experience teaching and healing with certifications in bodywork, energy therapies, and herbalism.

Ann Arbor Storytellers’ Guild is composed of artists, musicians, teachers, librarians, and others who gather monthly to share stories and develop the craft of storytelling.

W. R. Arends, MD, works in a clinic for neurology and is a member of the Medical Scientific Group of Specialists, a group of over 8,000 specialists worldwide.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga Teacher, and has taught connected breathing for over 30 years. She is a Certified Transformational Breath Facilitator since 2004 and a Senior Trainer with the Transformational Breath Foundation since 2006.

Beth Barbeau, BS, is a midwife, childbirth and breastfeeding educator, and instructor in the Holistic Labor Companion program at the Naturopathic Institute with nearly 30 years of experience in birth and infant/child care. She is the owner of Indigo Forest.

Chuck Barbieri has been teaching mindful education classes for the past 8 years and is a certified Parent Talk and Simplicity Parenting facilitator.

Deanne Bednar, MA, is coordinator and instructor of the Strawbale Studio Natural Building and Sustainable Skills Program, and has been natural building since 1996. She is the illustrator of three books on natural building.

David Bell is an Interfaith Minister at the Interfaith Center for Spiritual Growth.

Carol Bennington, PhD, Bach Foundation Registered Practitioner, is one of a dozen US instructors for the Bach International Education Program, whose courses are approved by the Bach Centre, UK. She has spent two decades as a practitioner, instructor, author, and speaker.

Patricia Benson, OP, PhD, a Dominican Sister of Adrian, designed and directs an ecumenical spiritual direction internship program at the Benedictine Center, and presents for Voices for Earth Justice to connect care for creation with faith.

Brett Bevell, Reiki Master since 1995, is the author of several books including *Energy Healing for Everyone*, *New Reiki Software for Divine Living*, *The Reiki Magic Guide to Self-Attunement*, and *Reiki for Spiritual Healing*. A poet and performance artist, his poems have aired on NPR’s *All Things Considered*.

Denise Bigelow, CET, CP, is a Certified Embodied Practitioner.

Laurie Blakeney teaches locally and abroad, and holds an Advanced Teaching Certificate granted to her directly from B. K. S. Iyengar.

Carol Blotter has a meditation practice with dual roots in the Quaker and Buddhist traditions and has been teaching since 1999. She is a teacher for the Forest Way, an organization dedicated to providing retreat opportunities conducive to spiritual growth.

John Bodary, a former social worker, educator, and coach, is the founder of the Polarity Center who helped establish the American Polarity Therapy Association.

Bodyworks Healing Center offers a variety of holistic health services from certified massage therapists and other certified practitioners.

Michele Bond has over 500 hours of training in yoga and yoga therapeutics, and studies meditation with Dr. Paul Muller-Ortega. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

Patty Brennan, Director of Center for the Childbearing Year, has advocated for 30 years as a childbirth educator, doula trainer, midwife, and nonprofit executive. She is a DONA International-approved birth and postpartum doula trainer and author, and founded Michigan Doula Connection, a web-based nonprofit linking volunteer doulas with low-income families.

Barbara Brodsky is founding teacher of Deep Spring Center, has practiced meditation since 1960, and teaching since 1989. Her teaching draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Suzanne Willets Brooks, BS, is a certified massage therapist, yoga educator, Pilates instructor, and Franklin Method educator.

Breastfeeding Center of Ann Arbor, LLC, offers comprehensive and professional support services for breastfeeding mothers and babies including support groups, breastfeeding-related products such as slings, pumps, and nursing bras for women of all sizes.

Barbara Brookens-Harvey, LMSW, RYT, teaches hatha yoga in Ann Arbor.

The Bruno Groening Circle of Friends is one of the largest non-profit organizations for spiritual healing and was honored with the Peace Pole Award.

Marnie Burkman, MD, is an integrative psychiatrist who blends conventional, complementary, and alternative mental health care as part of her private practice at Aprill Wellness Center.

Dawn Burnell-Powers is a neurodevelopmental therapist who has been working with the MNRI Institute for 20 years.

Kimberly Cardeccia, MA, LPC, has had an equine-assisted counseling practice since 2007, where she helps clients unlock their hidden promise with the guidance and support of horses.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don’t regularly lead classes or workshops, you can still be listed for free in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

Teachers, Lecturers, Workshop Leaders and the Centers

Marianne Carduner has been practicing energy healing since 1992 and is a Reiki master and teacher. **Mara Evans** teams with Marianne for teaching the healing arts through their company, Fusion Energy Arts.

Kapila Castoldi is a student of spiritual teacher Sri Chinmoy and has studied and practiced meditation for over 28 years.

Center for the Childbearing Year is Michigan’s premier DONA doula training center and childbirth preparation and parenting community offering comprehensive online childbirth preparation, hosted by Patty Brennan, in addition to community-based education.

Karma Thegsum Choling in Ann Arbor was founded in 1978 by Ven. Khenpo Karthar Rinpoche, abbot of Karma Triyana Dharmachakra, seat HH 17th Karampa in North America.

Lori Coburn, MSW, has a 25-year psychotherapy practice specializing in spiritual counseling, mood disorder, and substance abuse.

Stefanie Cohen, RSME, MA, is a somatic movement educator and performing artist who teaches and performs throughout the country. She owns SOMA: Studio of Movement Arts in Kerrytown.

Rowena Conahan has a Bachelor’s in Anthropology, and is a certified Montessori teacher and professional storyteller. She attended Tom Brown’s Tracker School in New Jersey, Wilderness Awareness School’s Art of Mentoring class, and Kamana Naturalist Training Program.

Maryann Davis, RN is a Registered Nurse, Reiki Master (since 1997), Esoteric Healing Practitioner, and member of the American Holistic Nurses Association.

Dawn Farm is a non-profit organization that provides a continuum of services for people who struggle with drug and alcohol problems.

Christy DeBurton, RYT, is a Registered Yoga Teacher who has received training from both Omega Institute for Holistic Studies and The Center for Yoga. She has been teaching yoga since 1998.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.

Ilia Delio, OSF, is a Franciscan Sister and theologian specializing in science, religion, evolution, neuroscience, and artificial intelligence.

Nathaniel Dorris is a 7th degree black belt in the martial art of Hapkido and has trained since 1977. He has taught adults and children in the area for more than 25 years.

Kate Durda, MA, is a shamanic practitioner, esoteric healer, published researcher, developmental psychologist, and co-founder of Spirit Weavers. She has extensive training with the Foundation for Shamanic Studies, Sandra Ingerman, and various cultural shamanic traditions such as Tibetan, Andean, Celtic, and Buryatan shamanism and various Native American traditions.

Erica Dutton began her meditation practice about 15 years ago and has been teaching for six years. She started meditation to deal with a crisis in her life and has continued because of what it has offered her.

Gail Embery is an intuitive/psychic as well as a licensed psychotherapist.

Laurel Emrys has been a musician, soundhealer, astrologer, and psychic who facilitates communication between animals and humans for more than 35 years.

Linda Diane Feldt, a student of the healing arts since 1973, is a holistic health practitioner, teacher, and writer who has taught herbal classes locally for over 30 years.

Ruth Ferak is a holistic coach and consultant who is certified in homeopathy, health coaching, and bioenergetics whose speciality is helping women in mid-life.

Anna Fernandez is a midwife and herbalist who owns Mother Bloom Botanicals. She teaches people to incorporate herbs into their lives for better health and vitality.

Catherine Fischer is a birth and postpartum doula and parent support professional, teaching parenting classes in Ann Arbor. Her business is Support for Growing Families.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman, and has made a career out of her passion for building community by bringing people together to drum.

Gayle Fitzgerald, founder of Celestial Vibrations, LLC, is a Master Numerologist, Medical Intuitive, and Celestial Conduit with over 33 years of experience.

Ethan Fox is the founder of the Flower of Life Center for Human Evolution and works as a spiritual teacher and aura reader.

Marcell Fox, MS, LLSMW, EdS. has a Limited License in Social Work with a Master’s in Social Work in Mental Health for Adults from the Univ. of MI. She has experience working with trauma, depression, and grief.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and at the Berkeley Psychic Institute with founder Lewis Bostwick. His newest and third book, with Gloria Hemsher, is *Psychic Psychology: Energy Skills for Life and Relationships*.

Watch out for each other. Love everyone and forgive everyone, including yourself. Forgive your anger. Forgive your guilt. Your shame. Your sadness. Embrace and open up your love, your joy, your truth, and most especially your heart.

—JIM HENSON

Melanie Fuscaldo, MA, LPC, NCC, is a counselor and life coach specializing in joyful transformations.

Cynthia Gabriel, Ph. D, is an author, doula, and medical anthropologist who has studied birth cross-culturally. She specializes in distilling the skills that work for families to achieve natural hospital birth.

Forrest Gander, who with his wife, the poet C. D. Wright, founded and ran the Lost Roads Press for over 20 years, has won the Whiting Writers’ Award, two Gertrude Stein awards for innovative writing, and fellowships from the National Endowment for the Arts and the Guggenheim Foundation. **Amy Garber** has been a psychic and channel since 1991 and is involved with a number of local and national spiritual organizations.

Annette Gates, sexologist and creator of Natural Sexual Reprogramming Technique for Relationship and Sex Coaching, offers private sessions, lectures, workshops, and retreats.

Norma Gentile combines music, healing, and intuitive awareness to create healing spaces.

Ann-Margaret Giovino is a senior student of Master Sang Kim in the Sun Shen Tai-Chi lineage.

Robin Goldberg earned her Hatha Yoga teaching certification in 2010, and has completed additional trainings in Street Yoga, Laughter Yoga, and Therapeutic Yoga.

Kay Gould-Caskey is an author and artist who has been teaching art since 1970. She is the founder of the Center for Creative Pursuits and co-owner of Falling Water Books & Collectibles in Ann Arbor.

John Gourlay is a long-time peace activist and board member of the Michigan Friends Center.

Karen Greenberg is a steward of the Archangel Raphael Third Ray of Healing Human Mystery School and Third Degree Ceremonial Master in the Brotherhood and Sisterhood of Light who has a degree in physical therapy and has danced professionally.

Karla Groesbeck and staff of Good EnerChi Studio and Staggerin’ Dragon School of Tai Chi are certified Tai Chi instructors with 15-40 years experience, and have extensive training in yang form solo, two-person, and weapons.

Abbe Grossman, MA, CPT, a Certified Embodied Pulse Therapist and teacher at Sensology Institute, offers Sensology healing sessions, and has served the community for 20 years.

Paulette Grotrian is a registered Mindfulness-Based Stress Reduction instructor, trained at the Univ. of MA Medical School. She teaches mindfulness meditation in Ann Arbor and is a former college faculty member.

Nirmala Nancy Hanke, MD, is a long time meditator and teacher of meditation at Lighthouse Center. She is a psychiatrist and therapist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen, MA, LLP, is a certified Enneagram teacher in the narrative tradition, psychotherapist, spiritual advisor, relationship coach, and workshop leader.

Samantha Harris has over 15 years of paranormal research and psychic experiences as a demonologist and spiritual healer. She has authored several books and appeared on Discovery Channel, Travel Channel, and A&E.

Kate Hart is a four-time Grammy-nominated singer and songwriter.

Patty Hart, E-RYT, has taught yoga for more than 16 years. As part of her Advanced Teacher Certification, she completed 40 hours training in Trauma Sensitive Yoga with the JRI Trauma Center’s yoga program.

Robert Hass is a former MacArthur Fellow, US Poet Laureate, Pulitzer Prize winner, Chancellor of the Academy of American Poets and National Book Award winner.

Sierra Hillebrand is a midwife, birth doula, and psychotherapist whose work draws on over 15 years of professional experience supporting birthing and parenting families.

Brenda Hillman is a poet who has received fellowships from the National Endowment for the Arts, the Guggenheim Foundation, the Poetry Society of America, as well as a Pushcart Prize, and the Delmore Schwartz Memorial Award.

Tom Hornyak, a graduate of Hypnosis Motivation Institute’s 300-hour course, has been practicing hypnotherapy since 2009.

Sara Hughes-Zabawa, LLMSW, RYT, is a registered yoga instructor and master’s level social worker devoted to a holistic yoga practice that addresses mind, body, and spirit.

Karen Husby-Coupland is a certified Iyengar Yoga teacher who has been practicing yoga since 1993 and teaching since 1999.

Insight Meditation Ann Arbor is a community supporting the practice of insight (vipassana) meditation through sittings, classes, and retreats.



The Healing Properties of Amethyst

◆ By Carol Clarke ◆

AS A MELODY CRYSTAL HEALER, I come across clients everyday asking about stones and crystals for healing: How do I use them? What if I am suffering from (insert condition here), would crystals help? The answer is very simple, and yes, they can help *many* different conditions. In crystal healing, the practitioner interviews the client on his or her needs for balancing chaotic energies in the body and diffusing the energetic imbalances with crystals. This could include many emotional and physical disturbances, and the most versatile stone for healing is amethyst.

A member of the quartz family, amethyst is formed from a reaction between silicon and oxygen. Amethyst is the purple variety of quartz and is closely related to other varieties of quartz, such as citrine, smoky quartz, rose quartz, aventurine, agate, carnelian, and opal. Metaphysically, amethyst takes on the properties of both amethyst and quartz.

Amethyst is a stone of major healing. It is one of the most effective crystals for healing people, plants, and animals. From naturally healing plants that will not grow to soothing animals that refuse to calm themselves, it counteracts negative energies in any location that feels hostile or chaotic. (For this reason, amethyst is an excellent stone for highly trafficked spaces, like an office or family room.)

Amethyst is a stone of major healing. It is one of the most effective crystals for healing people, plants, and animals.

Powerfully protective, wearing amethyst in a pendant or bracelet shields against psychic attack, paranormal harm, or ill-wishing. It recycles this heavy abrasive energy back to the universe to be changed into positive, loving energy. It works hard to relieve obsessive-compulsive disorder, depression, negative thinking/programming, and hyperactivity in children and animals. This crystal is also amazing for reducing gambling addictions, risky investing, and the tendency to overspend beyond your means. It can also provide freedom and relief from addictions of all types, from drugs and overeating to negative behavior patterns. It can be a great crystal to calm those who tend to be very reactive to responses of others, and for those who are easily angered.

Amethyst stimulates the sympathetic nervous system and boosts hormone production and endocrine glands to peak performance levels. This is an amazing stone to use while doing breathwork, as it helps to support oxygenation in the blood. In an elixir or mineral bath treatment, it aids in treatments of the digestive tract, heart, stomach, hearing disorders, skin, and arthritis. Amethyst also can also reduce bruising, pain, and swellings. Having a piece by your bedside or under your pillow can be very helpful for sleep problems or disturbances to your circadian rhythms.

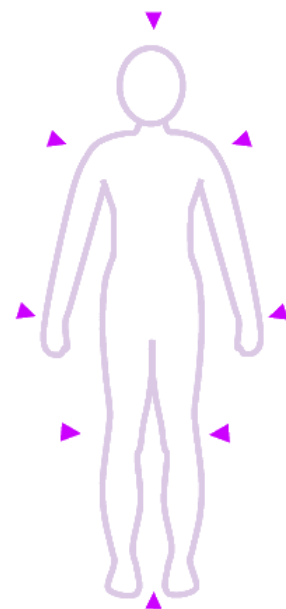
It may be used to treat psychic disturbances and to stabilize brain imbalances, as it can assist the transmission of neural signals through the brain. It is extremely contraindicated, however, to use in cases of paranoia or schizophrenia, as it is a natural booster but could negatively impact how the body processes its energies and may interact negatively with medication.

Because amethyst gives deep wisdom and greater understanding of ourselves and others, it is very comforting for those grieving the loss of a loved one. It encourages the deep transformative releases of sorrow and finding joy in a loved one's spirit being lifted from the confinement of the physical body. It gives us deep connection to the soul and initiates one's own deep soul experiences. It is an ideal crystal for hospice workers and caregivers of any type. It is a perfect gift for those with terminal illnesses or to use in preparation for those readying to transition to the next steps in their soul's progression.

Amethyst is highly effective in stilling one's thoughts in prayer and meditation, and surrendering to spiritual energies higher than the self. This crystal also stimulates the crown chakra to receive direct communication from the Divine and helps to open to the insights, wisdom, and guidance that come from that communication.

Benefits of Healing with an Amethyst Crystal Healing Net

Crystals are able to gather, hold, and transmit electrical energy by expanding their molecular structure. When maximum expansion is reached, they release the energy, which surges along through the crystal's structure and out of the crystal through the point. Crystals are most powerful in configurations where we include direct intention to improve the conditions we want to improve. In doing a "Healing Net," we create powerful intended direction for the highest positive flow of energy to be transmitted to the person receiving the healing. This layout can be used in any situation for physical, emotional, or mental healing. This is a very basic technique that you can do on your own to help yourself heal from whatever is bothering you or just to diffuse stress itself.



You will need eight amethyst points.

Place one crystal above your head and one below your feet. Place the six other crystals at the shoulders, waist, and knees on each side of the body. You can use rutilated or polished pieces of amethyst to do this, but for the best results, use pieces of amethyst that have been minimally processed and are in the shape of points. Place the pointed ends of these crystals toward the body. To amplify the effects, you can also put pieces of quartz (or quartz in the shape of points) in between the amethyst pieces, making sure the points are facing the same direction as the amethyst (directly to the body of the receiver). This causes quite a strong vibration with very amazing results.

Spend 20 minutes lying quietly. Afterwards, ground yourself and bring yourself back to earth. You can do this by picturing yourself being planted firmly down into the earth, or even taking a shower (as the water runs downward, set the intention that you are doing the same with your energy — directing it toward the earth). You can also hold hematite or black tourmaline to assist with this process. Clean your stones when you are finished by running them under cool water or setting them in the sun or moonlight to be recharged. Crystals are very absorbent and keeping them clear is a must.

Having a piece by your bedside or under your pillow can be very helpful for sleep problems or disturbances to your circadian rhythms.

Amethyst is extremely supportive to the very demanding needs of our emotional, mental, physical, causal and etheric bodies, gently encouraging those who are overworked, overstressed, or overwhelmed to come back to center. It is almost impossible to feel the biochemical effects of stress in our physical body when this amazing crystal is around.

Carol Clarke is a Melody Master Crystologist, Reiki Master, and Licensed Massage Therapist at Cameron's Salon in South Lyon. She is a member of the Association of Melody Crystal Healers International™, which provides informational resources concerning instructors, workshops, and continuing education for instructors, in the practice of the crystal healing profession. The name emanates from Melody, who authored Love Is In The Earth - A Kaleidoscope of Crystals, a 1992 book, which has become the classic, encyclopedic book of its kind on the metaphysical properties of over 700 stones and crystals. She has eight years of experience in energy healing, and ten years of experience in doing therapeutic bodywork. To contact Carol, please email cclarke2005@hotmail.com.

◆ You can find beautiful amethyst and many other crystals, along with books on crystals and crystal healing, at Crazy Wisdom.

Teachers, Lecturers, Workshop Leaders and the Centers

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone.

Joe Kelty is a poet and former teacher of English and Biology at area community colleges.

Gayle Joseph is a teacher of meditation, healing techniques, past lives, and personal enlightenment.

Joanne Karpinen, PhD, is a licensed clinical psychologist, Eden Energy Medicine Certified Practitioner, and teacher with the International Network of Energy Healing.

Noreen Keller, RSCP, has been a Spiritual Practitioner through Centers for Spiritual Living since 2011 and is studying to become a minister at the Holmes Institute.

Joe Kelty is a poet and retired teacher of biology and English at Oakland Community College.

Kelly Kempter, LMT, is a graduate of Irene's Myomassology Institute with advanced training and practice in Thai Massage and Shiatsu.

Karen Kerns, RPE RCST, is a registered polarity practitioner, registered craniosacral therapist, massage therapist, and dental hygienist who serves as the director of the Polarity Center.

Master Sang Kim is an engineer, Christian mystic, teacher, and inheritor of Master Gabriel Chin's Yang Style Tai-Chi lineage who has been practicing martial arts and healing for over 25 years.

Carole Kirby, LMSW, is a long-time therapist working with couples, individuals, and families.

Arlene Kosmatka, OP, is a Dominican Sister of Adrian who is involved in the ministry of spiritual direction and retreat work.

Dave Krajovic and Pat Krajovic founded Body Works Healing Center in Plymouth, the Global Breath Institute, and Ascension Breathwork. They have advanced training in a wide array of healing techniques, esoteric teachings, and breath mastery.

Lucinda Kurtz, MA, is a certified Brennan Healing Sciences practitioner and former professor of Women's Studies. She helps women heal from abuse, trauma, and wounds through shamanic and bioenergetic practices influenced by Kabbalah.

Marcia Maria is a conscious channel for Mary Magdalene.

M. J. LaDuke has been teaching yoga for over five years and serves as the official yoga instructor for the makers of 5-Hour Energy.

Joan Kusak, IHM, is a spiritual director on staff at River House - IHM Spirituality Center who has also served in campus, pastoral, teaching, and Stephen ministry.

Kiera Laike, IRW, is the author of *Soul Orientation: The Dance of Reflective Relationship*.

Leslie Science & Nature Center is a nonprofit organization that provides environmental education programs for children, families, and other individuals in southeast Michigan. LSNC's grounds with live raptor enclosures, a Critter House, and wooded hiking trails are open and free to the public every day.

Frank Levey is a certified breathwork facilitator and has been helping people explore their fullest potential through the breath for over eight years. He is also a meditation instructor and wilderness skills educator.

Jack and Susan Lewis are spiritual teachers, aura photographers, aura interpreters, and natural light workers who apply the law of attraction and the work of Edgar Cayce to their interpretations. Jack Lewis is a naturopathic doctor who uses an iriscope as part of his practice.

Lighthouse Center, Inc. in Whitmore Lake is a center for spiritual development founded by Chetana Catherine Florida in 1979. Open to all pathways, the Center is guided by Jain Master Gurudev Shree Chitrabhanuji and embraces Ahimsa, non-violence towards all beings.

Pam Lindberg is an Introductory Level II Certified Iyengar Yoga Teacher with nine years teaching experience.

Ellen Livingston studied Raw Nutritional Science with Dr. Doug Graham and Professor Rozalind Gruben Graham, and has more than 20 years of independent research on health and nutrition. She teaches yoga and raw food classes in the community and from her home and yurt in Ann Arbor, and offers life coaching.

Madhavi Mai, Artistic Director of Sadhana Dance Theater, has been performing and teaching the Bharatanatyam style of Indian classical dance for over 20 years. She currently leads an elder arts program and participates in Kirtin dance.

Claire Maitre has trained with deep ecologist and engaged Buddhist, **Joanna Macy**.

Sandra Marks is a certified hypnotherapist specializing in past life regression, energy healing, MariEL Reiki, polarity, and chakra alignment.

Barb McConnell, LPN, is a Certified Healing Touch Practitioner and Instructor for Levels 1, 2, 3, and 4 who has studied essential oils for the last 14 years and is certified in most areas of oils training.

Molly McMullen-Laird, MD, is the medical director of the Rudolf Steiner Health Center and serves on the Board of Directors for the Community Supported Anthroposophical patient organization.

Kathleen Moore is a Certified Teacher of mind-body awareness Alexander Technique, a therapist, singer-songwriter, and voice and music teacher.

Kyle Morgan, DO, has had an integrative medicine practice in Ann Arbor for 14 years and has extensive experience in helping people with cancer.

Ed Morin is a poet and former English teacher at area universities and colleges.

Joe Mundy is an author and expert on *A Course in Miracles*.

Cindy Murray, a faculty member at the School of Social Work at Western Michigan University, is a graduate of the C. J. Jung Institute of Chicago and a licensed clinical social worker in Michigan.

Irena Nagler is a performer and director with Nightfire Dance Theater, Storydance, and Polyfonica Duo. She teaches environmental dance and facilitates dream circles.

New Myth Works is an organization with a mission to provide a dynamic sanctuary for conscious evolution. It provides programs and hosts events in support of transformation of all kinds.



LAURA SHOPE is the founder and creative director of Bluefire Institute. She has over 15 years of experience “guiding people to live their fullest lives” and providing “insightful facilitation and coaching.” For more information about workshops she’s offering this fall, see the “Personal Growth” section on page 104.

Connor Otto is an international traveling circus performer and dedicated movement teacher, focusing on physical communication, play, and heart-centered practice. He specializes in stilts, acrobatics, fire dancing, and juggling.

Glenn Pailthorp, CHT, is a clairvoyant reader, healer, and counselor with a background in shamanism, hypnotherapy, NLP, and psychic development.

Sifu Genie Parker has trained and taught Wu Style tai chi chuan for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and gatekeeper of the Wu style.

Mridu Pasrija is a Crystalline Consciousness Technique Energy Coach and certified teacher who comes from a corporate background in human resources and technology.

Reverend Margaret Passenger is an author and ordained minister of the United Methodist Church, now retired. She has led Bible studies for over 15 years.

Peachy Fitness is a community-based yoga and dance studio for adults and children ages three and up.

Jan Pemberton, RCST, RPP, is a certified teacher and member of the Biodynamic Craniosacral Therapy Association of American. She teaches foundation courses in the US and Canada, as well as advanced series on Biodynamic Cranial Therapy and Birth, and on Cranial Nerves.

Kay Posselt, teacher, writer, and business person, has been a student and teacher of meditation, Reiki, and *A Course in Miracles* for over two decades.

Angela Predhomme is a local singer-songwriter who has released three albums that range from light pop to blues and rock. Her music has been used in TV, film, and retail programming nationally and internationally.

Teachers, Lecturers, Workshop Leaders and the Centers

Judy Ramsey is a professional animal communicator and counselor who also provides shamanic healing for animals. She has been mentored by Penelope Smith and Teresa Wagner.

Gelek Rimpoche is the founder and spiritual director of Jewel Heart. Among the last generation of incarnate lamas tutored by the masters of Old Tibet, Rimpoche’s command of western culture enables him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Barbara Robertson is the director and owner of The Breastfeeding Center of Ann Arbor. She is a board-certified lactation consultant and breastfeeding educator.

Joel Robbins, MAcOM, is a Chinese medicine practitioner, clinical herbalist, and certified Taichi and Qigong instructor who offers lectures, workshops, group classes, and private sessions throughout Ann Arbor.

Libby Robinson has been practicing mindfulness meditation since 1979, having trained with Jon Kabat-Zinn and colleagues at U. Mass. She has taught MBSR since 2003.

David Rosenberg has been teaching Iyengar yoga since 1993 and traveled to Pune, India, in 1996 to study at the Ramamani Iyengar Memorial Yoga Institute.

Shannon Roznay, practicing in Ann Arbor since 2005, teaches men, women, and children of all ages how to improve their health through better diet and natural supplements.

Anita Rubin-Meiller, LMSW, is a trauma-informed psychotherapist who uses meditation, mindfulness, and compassion to facilitate groups such as Living Gently, in its third year.

Dolores Rubio-Turtle has supported a healthier approach to menstruation for the last 15 years through her work as a Spanish translator and interpreter of psychotherapist Alexandra Pope. She is a certified facilitator of Celebration Day for Girls.

Jonathan Rudinger, RN, LMT, is founder of PetMassage and has worked in the canine massage areas since the mid-1990’s. He facilitates workshops and home study courses.

The Rudolf Steiner Health Center was established in 2003 as a treatment, training, and research center based on the anthroposophical worldview.

Merilynne Rush, natural death care educator, was a midwife and hospice nurse who now sits on the board of Green Burial Council International. **Diana Cramer**, a death midwife, is a longtime hospice volunteer and has trained with Buddhist teachers in the field of death and dying. Both have facilitated the Death Cafe since 2012 and serve as home funeral guides and advanced care planning facilitators.

Sue Salaniuk, Sally Rutzky, Alicia Rowe, and Pam Lindberg are Certified Iyengar Yoga Teachers with up to 30 years experience. **Kirsten Brooks** will be taking her certification exam this fall.

Debra Santi, LMSW, ACSW, CDWF candidate, is a clinical social worker in private practice who is trained in The Daring Way to help others live a wholehearted life.

Janet Schaeffler, OP, a Dominican Sister of Adrian, is a teacher, speaker, and religious leader.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Tina Shafer, BCH, HSMI, CHI, is a hypnotherapist with 15 years experience guiding others through stress, trauma, and chaos through meditation and relaxation techniques.

Michelia Sheldan is the Executive Director of Flower of Life who channels spirit guides, teachers, ascended masters, and guardian angels.

Shining Lakes Grove is a neopagan Druid grove belonging to ArnDraiocht Fein: A Druid Fellowship.

Laura Shope, MFA, PCC, teacher and coach, is the founder and creative director of Bluefire Institute.

Antonio Sicira, PhD, is a professional member of the American Hypnosis Association, with certifications in past life regression, smoking cessation, and weight loss therapies. He is also certified by the American Alternative Medical Association as an Alternative Medical Practitioner and is the creator of the Mindfulness Meditation System.

Caryn Simon is a mother, birth doula, and herbalist whose encounter with cancer in 2013 inspired her commitment to living from the heart through dance.

Lynn Sipher, LMSW, has been providing psychotherapy since 1985 and teaching mindfulness-based classes since 2006.

Joan Skolimowski has taught the art of making mandalas for the past 17 years throughout the world and currently teaches at VEO Art Studio.

Song of the Morning Ranch has served as a spiritual home to spiritual seekers for over four decades. Founder Yogacharya Oliver Black brought the timeless teachings of yoga and of Paramahansa Yogananda to northern Michigan in 1970, creating a place of spiritual refreshment and relaxation where people could train the mind and invite the soul to flourish.

Ema Stefanova, MA, E-RYT500, has been an author, healer, and yoga and meditation educator for over 35 years.

Aileen Storoshchuk, BA, BSW, reads Akashic Records and does tarot, crystal healing, Reiki, Karuna Reiki, light body, and past life regressions, and facilitates a weekly meditation and spiritual discussion group.

Juliana Sutton is a natural health educator, student of the Certified Traditional Naturopathic Program of N.I.T.E, and mother.

Each star is a mirror reflecting the truth inside you.

— ABERJHANI

Nancy Sylvester, IHM, is founder and president of the Institue for Communal Contemplation and Dialogue, past president of the Leadership Conference of Women Religious, and past vice-president of the IHM Sisters.

Annette Thoin is a retired teacher and counselor who volunteers at Grasslake Sanctuary to express her love of nature.

Stephanie Tighe and **Kate Durda** are teachers and shamanic healers who co-founded Spirit Weavers, a training and support organization for shamans.

Judy Lee Trautman is a certified leader of dance, an initiated Sufi, and an ordained Sufi Churag.

Tatianah Thunberg, LMSW, ACSW, RYT, is founder of Spirit Moves in Ann Arbor, providing holistic psychotherapy, yoga, and Thai massage.

Stephanie Tighe, MSW, co-founder of Spirit Weavers, has studied with the Foundation for Shamanic Studies, Sandra Ingerman, and others since 1987. She has been trained by Sandra Ingerman to teach shamanic healing techniques and has been teaching and practicing shamanism for 25 years.

Judy Lee Trautman is a certified leader of dances, an initiated Sufi, and ordained Sufi Cherag.

Joy Van Bael, CMT, RYT, teaches pre- and postnatal yoga in Ann Arbor.

Jennifer Vanderwal is a Usui Tibetan Karuna Seiroku Reiki Master and a Melody Crystal Healer Instructor. She offers past life ascensions, cord removals, meridian clearing, and quantum touch, and facilitates healing crystal arrays.

Lisa Viger is a vegan artist, photographer, author, gardener, and food blogger.

Cam Vozar is a psychotherapist in private practice for over 25 years, and has worked with individuals and couples focusing on trauma, recovery, spirituality, and EMDR.

Panoka Walker is a storyteller, song carrier, hand drum maker, and traditional craftswoman.

Sifu Joseph Wang, originally from Taiwan, is Master Sang Kim’s senior student in the Sun Shen Tai-Chi System.

Barbra White is a spiritual mentor, transpersonal therapist, Reiki Master, author, and Qi Cong teacher who includes homeopathy, auricular acupuncture, intuitive guidance, and energy work in her mentoring.

Suzy Wienckowski is a Reiki Master and Licensed Massage Therapist with over 30 years experience in the healing arts. Teaching the Usui System of Reiki Healing, Reiki has been the focus of her work since 1993.

Debra Williams is a nationally certified massage therapist and bodyworker, practicing Reiki, massage, reflexology, and craniosacral therapy.

Eve Wilson is an intuitive healer working with people and animals who has trained other healing practitioners since 1986. She serves as Director for the Healer Development Program.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Licensed Professional Counselor, Certified Social Worker, Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, and Senior Certified Transformational Breath Facilitator since 2004.

C. D. Wright, with husband poet Forrest Gander, founded and ran Lost Road Press for over 20 years, and has been awarded a MacArthur Fellowship, a Lannan Literary Award, and membership in the American Academy of Arts and Sciences. She served in 2013 as the chancellor of the Academy of American Poets.

Yoga Focus recently celebrated 20 years of classes in the Ann Arbor community. All teachers are long-time practitioners of the Iyengar system.

The Yoga Room offers an alternative to commercial studios and gyms, with a class size of 12 people maximum to allow for individual attention.

The Yoga Space teachers are all certified by the Iyengar Yoga Association of the US. Their experience ranges from 9 to 30 years.

Karлта Zarley, RN, has over 30 years experience in preventive and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice for 16 years as a professional healer and educator, providing energy work, spiritual direction, essential oil and flower essence consultations, and leading classes and retreats.

The Zen Buddhist Temple was formally opened in 1981 as part of the Buddhist Society for Compassionate Wisdom. The Temple functions on three levels: as a temple serving the public, as a training center for ordained members, and as a Sangha or community of members.

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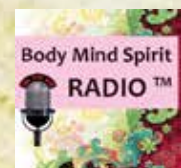
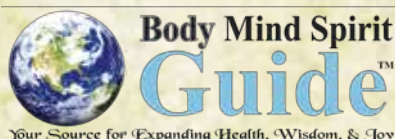
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WLF AT ANN ARBOR FARMERS MARKET IN KERRYTOWN ALL WINTER LONG

Even when the temperatures dip, White Lotus Farms breads, cheeses, and select produce will be available at the Ann Arbor Farmers Market. The Wednesday evening market runs through the end of October, from 4pm to 8pm. The Saturday and Wednesday markets are going strong through December, 7am until 3pm. From January through April, only the Saturday market takes place, from 8am until 3pm.

POETRY BLOSSOMS AT SEPTEMBER'S "ART IN THE GARDEN" EVENTS SEPTEMBER 12 & 26

White Lotus Farms, One Pause Poetry, and the Zell Series at U of M partner to bring you two evenings of unforgettable readings at the farm. Each event features two well-known poets (who also happen to be husband and wife).



C.D. Wright and Forrest Gander read on **Friday, September 12 at 7pm**. Wright, recipient of a MacArthur fellowship and chancellor of the Academy of American Poets, has published more than a dozen books. Wright was raised in the Ozark Mountains, and a strong connection to place informs her work. Gander, who has received fellowships from the National Endowment for the Arts and the Guggenheim Foundation, studied geology before turning his focus to the written word, and his poetry, which evokes the landscape, combines these interests.

On **Friday, September 26 at 7pm**, Robert Hass and Brenda Hillman read at the farm. A translator and poet, Hass has won the Pulitzer Prize and National Book Award, and has been named US Poet Laureate. Winner of a Pushcart Prize, Hillman has also received fellowships from the National Endowment for the Arts and the Guggenheim Foundation. Both Hillman and Hass are active in the Ecopoetry movement, which uses language to explore the interconnectedness of humans, animals, the mind, and nature.



**one
pause**



Both events take place at the farm (7217 W. Liberty Rd., Ann Arbor), begin at 7pm, and are free and open to the public.



A DELICIOUS PAIRING: TWO LOCAL CHEFS TEAM UP FOR A FARM-TO-TABLE DINNER SEPTEMBER 28

Chef Maggie Long of the Jolly Pumpkin and Chef Frank Fejeran of the Raven's Club combine their culinary artistry on **Sunday, September 28**, for a meal featuring the freshest White Lotus Farms ingredients.

The final farm-to-table dinner of the season begins at **4pm** with a guided tour of the farm, includes a full dinner and drinks, and wraps up around **7pm**.

GET DIRTY, GET HUNGRY SEPTEMBER 27

Live the White Lotus Lifestyle at the Harvest Festival

Always wondered what it would be like to be a farmer? Come help us with our Fall harvest by participating in the White Lotus Farms Harvest Festival on **Saturday, September 27**.

We'll start at **9am**. You'll harvest White Lotus Farms vegetables right alongside our farm crew, and we'll end with a delicious harvest lunch made from all farm-fresh ingredients.

Guess who's making lunch!

Jeffrey Sartor, Executive Chef of Vellum restaurant in Ann Arbor, will be coming to the farm to make a farm-fresh lunch for all of our harvest participants. Lunch will include the veggies you pick with your own hands, fresh baked White Lotus Farms bread, and White Lotus Farms cheese.

Tickets are \$10 per person and include lunch. Online preregistration is required (whitelotusfarms-harvest-festival.eventbrite.com), and registration will be open until **5pm on September 13**. Unfortunately, on-site registration will not be available.

Please dress appropriately for farm work, and bring your work gloves! Children ages 6-16 must be accompanied by an adult at all times.

